



THE HERALD

CHRIST THE KING PARISH • GREENMEADOWS

THE OPPORTUNE TIME

By Fr. Steven Zabala — *Parish Priest*



January 16, 2019: Fr. Steven Zabala is installed as CTK's 7th parish priest

In the Bible, the Greeks understood time differently. While we have only one word for time, they make a distinction between *kronos*, or chronological or sequential time, and *kairos*, the qualitative measurement of time.

As I reflect about my six-year term as parish priest of Christ the King Parish Greenmeadows, I am once again confronted by these two measurements or appreciation of time.

KRONOS

Everything has its chronological time. And time is measured in the same way. Remember the song "Seasons of Love" from the musical, *Rent*? Five hundred twenty-five thousand six hundred minutes is one year. A day is made up of 24 hours, an hour is 60 minutes, and one minute is 60 seconds. And a second is "the duration of nine billion, 192 million, 631 thousand, 770 cycles of the transition between the two levels of radiation of the caesium 133 atom at a temperature of absolute zero and at an altitude of mean sea level." *Ano daw?*

Simply put, *kronos* is what we need to organize or maintain order in our lives. On Holy Thursday, during the

Chrism Mass, the Bishop of Cubao announces the new assignments of the diocese's clergy. *Eksakto yun*. March 28, 2024, at 7:00 a.m. Between April 16 to 30, we are officially introduced to our new parishes and meet our new parish pastoral councils. *Naka-schedule din yun*. By the end of June, the bishop wants us to be properly settled in our new parish assignments. *Walang tawad. Basta alsa balutan*. Out na sa CTK, in *na sa bagong parokya*.

That is *kronos*. It is precise. Specific. It helps us organize our plans to the letter and puts a semblance of order in our lives. It is a quantitative measurement of time.

KAIROS

But the other Greek word and concept of time is *kairos*. It is a qualitative measurement of time. *Kairos* are moments that are filled with significance, importance, meaning, or even crisis.

It feeds your soul. Time stands still and everything becomes possible, special, significant, and relevant. During *kairos* moments, the world seems to pause, and we feel

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November 8, 2019: Christ in Our Hearts musical concert



Fr. Steve brings the Blessed Sacrament to villages during the pandemic.



Fr. Steve holds online Masses at the Divine Mercy Chapel.



Fr. Steve had first planning session with his PPC for 2019-2022

the moment becoming palpable, unforgettable, and life-changing.

I've had a lion's share of kairos moments in CTK. These cannot be measured, but were deeply, truly, and even madly, experienced. *Hindi po ito mga sandali na parang napadaan lang o nangyari lang. Malalim ang kabulugan ng barwat kairos experience.*

Let me share some of those kairos moments or seasons in CTK that have impacted my ministry.

January 16, 2019: I was installed in CTK as its seventh parish priest. I was filled with a mix of trepidation and excitement for the journey ahead. It was the kairos of saying yes.

November 8, 2019: We had a musical concert called *Christ in Our Hearts* where we launched our parish hymn. It was a hymn that mirrored our then 40-year story as a Parish for Others. It was the kairos of embracing one's identity.

December 7, 2019: We launched Casa Setenta fundraising for Casa de Silencio Retirement Home. It was one of the most successful campaigns we had. But it was also the day before I was hospitalized and had a major health scare and misdiagnosed for cancer. It was the kairos of coming to terms with crisis.

March 14, 2020: We had our first online Mass before the country went on lockdown on March 16. Covid had reared its ugly head. Churches closed. And our worship life drastically changed along with the coronavirus crisis. It was the kairos of faith over fear.

March 21, 2020: Oplan Covid was launched to help nearby struggling communities, parishes, and health workers. It was the kairos of healing and reaching out.

May 1, 2020: We found shelter for several health workers of the Medical City. Parishioners pooled resources

once again to feed them and provide transport as some of them were shunned by their neighbors and even families. Oplan Covid continued to gain traction and resources to help needy communities and health workers. It was the kairos of compassion.

August 15, 2020: Even amid the pandemic, we released CTK's Coffee Table Book, *A Parish for Others* which is a 400-plus page compilation of stories and images that mirror our journey and growth as a parish community. It was the kairos of knowing God's story.

March 25, 2021: A fresh surge of the coronavirus gripped the country and churches were shuttered once again. I had a most meaningful and poignant celebration of the 25th year of my priesthood and the Philippine Church's 500th anniversary with a Mass at the Divine Mercy chapel attended only by my bishop and a handful of Mass servers. It was the kairos of humility and discipleship.

November 2021: As part of our second fiesta under quarantine, we brought the Blessed Sacrament to the BEC villages and areas to make them feel that Christ is always with them in this pandemic. I was almost moved to tears as parishioners knelt as the Blessed Sacrament passed by their homes. It was the kairos of community.



Oplan Covid was launched in 2020 to help needy parishes, communities, health workers

October 2022: We launched the “Welcome Back to CTK” campaign after vaccines were proven effective and the effects of Covid had waned. A month later we had our first fiesta on-site gathering since the pandemic hit. Tears flowed as parishioners reunited. It was the kairós of recovery.

September to November 2023: We had our 44th parish fiesta with a renewed push for stewardship. Most of our pre-pandemic activities had been restored but with proper precautions and people are flocking back to the church. The church was vibrant again with the faithful on site. It was the kairós of celebration.

March 28, 2024: Bishop Honesto Ongtioco announces the new assignments of the clergy of the Diocese of Cubao. It's the kairós of acceptance.

June 2024: I will be in my new parish assignment. It's the kairós of ministry.

And the list of kairós moments goes on.

FOLLOW JESUS NOW

There will be many more kairós moments in CTK. But these you will be experiencing with a new shepherd, a new parish priest. Kairós will be ever present, significant, a moment when you must decide—to follow God's will or not. NOW.



December 7, 2019: CTK launches Casa Setenta fund raising on the eve of my hospitalization



Fr. Steve installs his PPC 2022-2025

It is God's appointed time. It is the right time. It is the supreme moment. We ponder on past kairós moments spent together with fondness and faith in God's wisdom. We urgently and decisively respond to His call now to continue God's story in CTK parish community and to commit to God's will. Let us seize this kairós moment. Let us make this moment, and every moment thereafter, an opportunity to walk with God for the rest of our lives.

Thank you very much for the six years filled with moments of kairós. I am blessed and honored to be your seventh parish priest.

STEWARDSHIP MINISTRY: KEEPING THE FLAME OF GIVING ALIVE

With contributions from Elise del Rosario, David and Fely Ong

Since its inception in 2005, the giving of treasure to the Stewardship Program grew at an average annual rate of eight percent. But Fr. Steve's first year saw a robust 11 percent growth.

Parish Pastoral Council (PPC) treasurers Bing and Elise del Rosario noted that in 2020, the immediate impact of the pandemic cut the contributions to the program by half. At that time, parishioners redirected their resources to pandemic response such as distributing food to the poor barangays, extending help to poor parishes, and giving assistance to healthcare workers via the Oplan Covid effort.

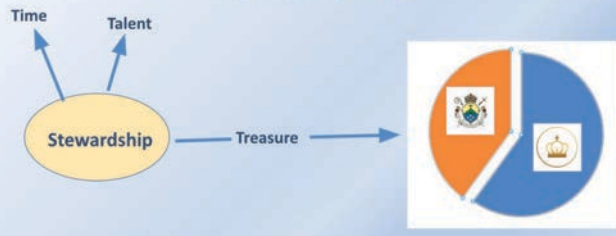
With the recovery in 2023, stewardship contributions rose to near pre-pandemic levels, registering an 84 percent increase from 2022. With the hard work of the Stewardship Ministry's coordinators David and Fely Ong, and ably supported by Fr. Steve, things are looking up, and is seen to surpass past records of gift giving levels.

David Ong, in his message during the PPC General Assembly in March acknowledged and thanked the ministries, villagers and organizations for the extra push for Stewardship program especially in the celebration of the parish's 44th Fiesta last year. CTK was able to hand a generous donation to Cubao Bishop Honesto Ongtioco on Fiesta Day. He said that it really mirrored CTK as a Parish for Others. However, he said that more people from the villages should come out and take a more active part in ministries and outreach. For him, it is when the faithful are hands-on in outreach and other programs of the parish that they can really "feel the sheep," as Pope Francis exhorts.

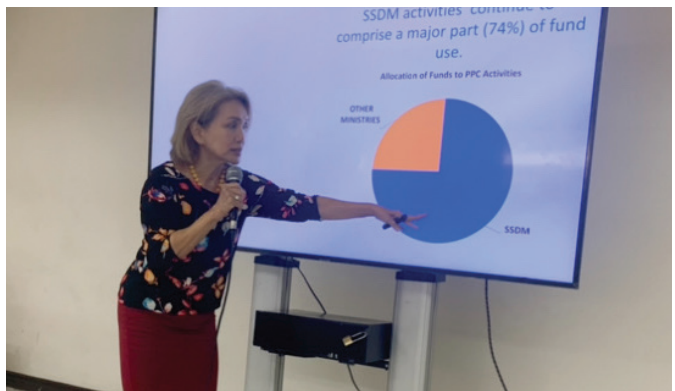
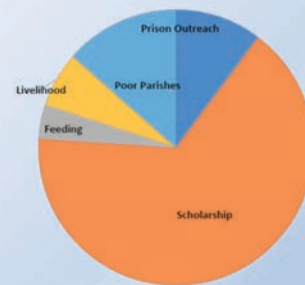
Fely Ong said that the Social Communications Ministry and other ministries and organizations should continue the video series of *Kwentong Katiwala* to show people where their contributions are going. She believes that these vignettes will likewise inspire more to realize that anyone, regardless of their stature, can be a CTK steward. She said that ministry members should also upskill and learn how to edit these short videos that can be shown through CTK's social media platforms.

Fr. Steve expressed his immense satisfaction, realizing that he will be leaving a robust Stewardship program and ledger to the incoming parish priest. He encourages everyone to keep the flame of giving time, talent, and treasure alive and burning.

Offerings of treasure to the Stewardship funds are turned over to the PPC (60%).
40% that goes to Diocese are spent on projects for: catechists, formation of seminarians and help to poor parishes.



Bulk of SSDM assistance goes to scholarships of poor but deserving students.



Elise del Rosario shows where stewardship funds go during the March 9 PPC General Assembly.



David and Fely Ong present a special donation to Bishop Nes from Stewardship efforts during the Fiesta 2023



There was always a reason to smile and strike a pose with Fr. Steve when he visits

BEC MEMORIES WITH FR. STEVE

Compiled by Eileen de Leon

The effort to promote and nurture Basic Ecclesial Communities in communities such as CTK villages and areas is no mean feat. The harmonious collaboration between the parish priest and these smaller communities is key in making the BEC vision flourish. CTK's Village and area coordinators share how Fr. Steven Zabala was able to strengthen community and spiritual bonds the past six years in these intimate faith communities. He showed us how lay people can participate more fully in the life of the Church and its task of mission.

Dinah Uy, Corinthian Hills:

The visit of the Blessed Sacrament and blessing of villages during the pandemic was one of the best memories we have of Fr. Steve's leadership as CTK parish priest. Many residents gladly participated including our maintenance and security crew. We were saddened by the removal of the Sunday Masses in our village, but we are happy we are not forgotten when it comes to other parish activities like the Way of the Cross. Thank you, Fr. Steve for six years of laughter, good camaraderie, and making us feel God's presence in our community.

Vangie Yam, Corinthian Gardens:

Empowered by Fr. Steve, our BEC mirrors the CTK GK Village success story by uplifting families in need, fostering unity, and celebrating shared progress.

Beth Monedero, Greenmeadows:

July 16, 2022. That was when the first Mass was celebrated inside Greenmeadows Village Clubhouse. Fr. Steve finally allowed GM to have regular monthly Masses, denied to us by previous parish priests because of our proximity to the main church. But the pandemic spurred these changes as residents were fearful of leaving their homes and risk catching the virus. Fr. Steve then approved the First Saturday anticipated Mass in our village to be presided by a different priest from the diocese.

Beth Manlingat, Libis:

As a BEC member, one of my favorite memories with Fr. Steve happened when we were asked to find members to be among the 12 Apostles during Holy Week. Two of my sons became Apostles. It was the first time Fr. Steve saw siblings as Apostles. He was even pleased to know that one of them was his namesake!



Libis families are always inspired by the kura's presence.



St. Ignatius Village welcomed Fr. Steve with a tarp bearing a special message.

Lulay Dela Cruz, St. Ignatius Village:

My most memorable moment with our *kura*, Fr. Steve was when we welcomed him during our village General Assembly for the first time. We welcomed him with a tarpaulin sign saying, "Tuloy Po Kayo sa Aming Munting Tahanan." That was the start of our beautiful bonding with Fr. Steve.

Nadine Navarro, White Plains:

Fr. Steve is a faithful servant that never fails to stir collaboration among parishioners.

Connie Lopez, Arcadia:

In the steps of Christ, we walk the Way of the Cross with our beloved Fr. Steve who reminds us that—
In every stumble, God lifts us.
In every sorrow, He consoles us.
In every pain, He heals us.
We are grateful for Fr. Steve’s visits to our little village of Arcadia.

Eileen de Leon, BEC coordinator:

I was just a year into being BEC coordinator when Fr. Steve became CTK parish priest. With my recent appointment and prayers of discernment of Fr. Steve, I must admit I had little knowledge of BEC. Fr. Steve gave me the space I needed to grow into the role. His confidence in me and guidance is one of the primary reasons BEC bonds were strengthened in the community. We launched projects like Give CTK a Home, Mary’s Month of May, Know Your Parish, Pet Blessing, Kwentong Bibliya and others. Thank you, Fr. Steve for being the strength and guiding force behind BEC!

Irene Robles, Acropolis Greens:

“Twenty-eight years of priesthood is not because of my own liking, strength, *diskarte*, and dedication; It is God’s faithfulness to me. *Walang iwanan, from the team walang laglagan.*” That’s how Fr. Steven Zabala addressed our group from Acropolis in his homily on Palm Sunday 2024. Each of us has his/her own journey in life. We do not know where God will lead us. Now that Fr. Steve will be moving to a different parish, we the Acropolis group especially the Bad(minton) Voice choir will always be there for you. Remember, *walang iwanan!*



Meal evangelization was a part of every BEC experience



CTK’s BEC bonds thrived in any area



Fr. Steve with Acropolis Greens community say in chorus: Walang Iwanan!

SSDM

LOC SCHOLARS

By Buh Malonzo
Photo credits: Ladies of Charity



The Ladies of Charity collaborated with Ang Hortaleza Foundation for a four-day training in Cosmetology from February 21 to 24, 2024. Twenty-five graduates emerged from this endeavor and their services will be offered to other barangays, and parishes in the Diocese of Cubao. Graduates also conducted a Libreng Gupit session for some students of Libis Elementary as a way of giving back for blessings received.

FEEDING PROGRAM

The Knights of Columbus chapter of CTK collaborated with the Ladies of Charity for a feeding program held in Libis Elementary School. About 50 children from ages one to four benefited from this effort. The feeding program aims to provide nutritious food to young children to boost their brain development.



LIVELIHOOD TESTIMONIALS

Livelihood is one of the major programs funded by CTK and handled by the Ladies of Charity. At least three courses are held annually delving into health care, dressmaking, automotive, hairdressing, welding skills and the like. These training programs are offered to various parishes and barangays within the Diocese of Cubao to upskill the unemployed and provide them more options to support their families.

LOC 10 Cosmetology Hortalez...
Active 25m ago

HOMer
Yes po Maam. @Teri Floro

Graduate po ako ng Pinoy Massage Hilot at Sa Tulong din po ng LOC.

Isa din po ako sa Naka pag tapos ng Massage And Hilot Wellness.

Ako po ay nakapag Abroad , at dahil sa Tulong ng LOC sa kanilang mga LIVELIHOOD na aking sinalihan , Ito ang nakapag bigay ng Tulong saakin sa paraan na Gawing Sideline ito sa Ibang Bansa na aking pinag trabahuhan. (Dubai ,Doha Qatar at Saudi Arabia.) Kahit dito sa Pilipinas naka tulong din ng malaki saakin ang May kaalaman sa pag Mamassage dahil ito ang ginawa kung side line habang ako ay naghihintay ng aking VISA PAPUNTANG ibang bansa.

Testimony of Homer Teves LoC & CTK Livelihood Trainee

LOC 10 Cosmetology Hortalez...
Active 25m ago

Homer good job. Ladies of Charity are happy for you. God bless

← HOMer replied to you
Homer good job. Ladies of Charity are happy for you. God...

MANY thanks po Talaga.

Buh

Natutuwa kaming malaman na nakatulong ng malaki ang Livelihood program ng LOC-CTK sa iyong buhay Homer. Ang mga pagpapatunay ng katulad mo, ang siyang nagbibigay inspiration sa amin na ipagpatuloy ang programang ito. This time, you grab the opportunity na madagdagan ang iyong kaalaman at kakayahan sa pamamagitan ng pagsama sa Cosmetology course ng LOC at Ang Hortaleza Foundation. Isa kang magandang ehemplo sa ibang nabiyayaan ng mga Livelihood programs namin. God bless.

PIC·COLLAG



CTK EMHC MINISTER TO THE SICK IN QMMC

By Benjie Jimenez

The Extraordinary Ministers of Holy Communion of Christ the King Parish (or CTK EMHC) commemorated the World Day of the Sick by visiting and ministering to the poor and indigent patients of the Quirino Memorial Medical Center (QMMC) last February 17, 2024.

The World Day of the Sick (or WDOS) was an initiative of St. Pope John Paul II in 1992 to encourage people to pray for those who suffer from illness and for their caregivers. It is celebrated every February 11, which coincides with the Catholic Feast of Our Lady of Lourdes. For the past ten years, the CTK EMHC has been celebrating the World Day of the Sick on the Saturday of February following the official WDOS by helping the poor and indigent patients of the Quirino Memorial Medical Center. This is an important activity for the ministry as this enables them to bring to life their mission of “bringing Christ closer to everyone through the Eucharist and by living a Eucharistic life.

This year marked an important milestone in their commemoration. First, the ministers were allowed to directly interact with the patients. Note that this has been suspended by the QMMC Management since the pandemic started. However, in early February 2024, the QMMC Management allowed the EMHC to directly minister to their patients. As a result, fifteen ministers of the EMHC were able to pray and give communion to the patients and their families, give them rosaries and scapulars, and provide them with snacks and beverages. Second, the CTK EMHC was able to provide a record-high cash donation of P380,000. This much needed





donation augmented the fund of QMMC’s Medical Social Service Department as it is used to primarily help their patients buy medicines that are not available in their pharmacy. The record high donation was made possible as EMHC tapped the help of the other parish ministries and organizations of CTK. The ministry was also supported by the Makati Golden Lions Club (MGLC) who not only gave cash donations, but also joined the ministers in ministering to the sick.

The CTK EMHC Ministry is thankful for the support it got from its CTK family. What a meaningful way to start the Lenten season.



ACKNOWLEDGEMENT RECEIPT

THIS IS ACKNOWLEDGING THE RECEIPT OF **THREE HUNDRED EIGHTY THOUSAND PESOS ONLY (PHP 380,000.00), THREE (3) BOXES OF FACE MASK AND IN-KIND DONATIONS (FOOD, DRINKS AND TOYS)** FROM THE EXTRAORDINARY MINISTERS OF THE HOLY COMMUNION CHRIST THE KING PARISH, GREENMEADOWS, QUEZON CITY AND LION’S CLUB MAKATI CHAPTER ON THIS **17TH DAY OF FEBRUARY, 2024** AT THE **MEDICAL SOCIAL SERVICE DEPARTMENT OF QUIRINO MEMORIAL MEDICAL CENTER, JP RIZAL COR. KATIPUNAN AVE., QUEZON CITY.**

DONOR REPRESENTATIVE:

RECEIVED BY:

EDNA D. CRUZ, RSW, RH
 Social Welfare Officer IV
 Social Worker Head, Medical Social Service
 Medical Social Service

DONOR’S COPY



CTK Children's Ministry

MUSTARD SEED

FAITH FORMATION FOR CHILDREN

Every 2nd and 4th Sunday of the Month
10:30AM

HAIL MARY THE QUEEN

CHILDREN'S CHOIR CTK CHAPTER
with Mr. Francisco "JR" de Guzman Jr.

OPEN TO BOYS AND GIRLS 7-16 YEARS OLD
SCHEDULE YOUR INTERVIEW AND AUDITION
WITH DINNA SARMIENTO 09175408787

EASTERRIFIC SUNDAY

MARCH 31, 2024
CHRIST THE KING PARISH SOCIAL HALL
AFTER THE 9AM AND 1030AM MASS

- 12 and below
- GAMES
- PRIZES
- FOOD

FIRST HOLY COMMUNION

CHRIST THE KING PARISH GREENMEADOWS

<p>LAST DAY TO REGISTER March 31 8-11 years old bit.ly/ctkfirstcommunion</p> <p>PARENT ORIENTATION April 7 2pm</p> <p>PARENT RECOLLECTION April 4 2pm</p>	<p>CATECHISM SESSIONS Sundays 2-4pm April 7 to May 12</p> <p>FIRST RECONCILIATION May 4 Sat 2pm</p> <p>FIRST COMMUNION RITES May 11 Sat 9am</p>
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ctkministry@gmail.com | 0905-5904010

KASAMBAHAY & DRIVERS RECOLLECTION

Fr. Edrylle Dayrit facilitated the recollection for Kasambahays and Drivers on March 25, 2024. Almost 40 persons participated in this spiritual activity organized by the Catechetical Ministry.





FRIDAYS WELL SPENT: BEC GREENMEADOW'S THE BIBLE AND THE SACRAMENTS SERIES

With contributions from Danny and Tessie Moran

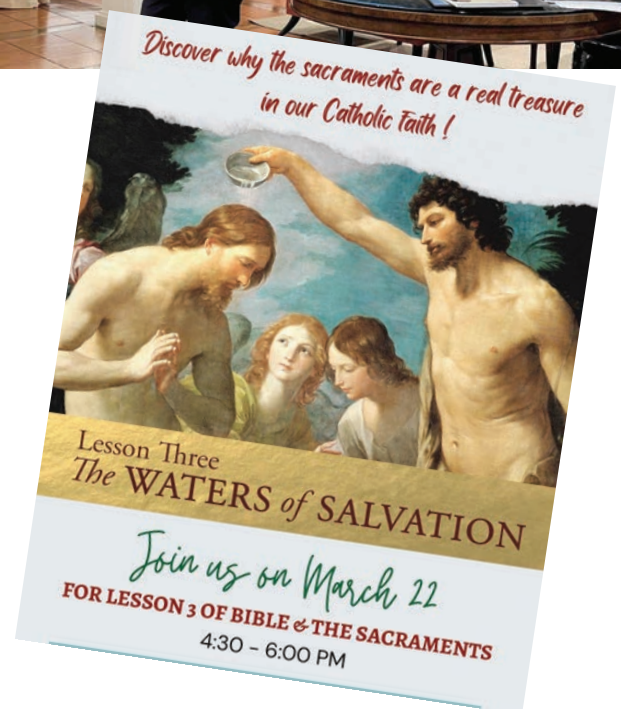
The Bible and the Sacraments, a part of CTK's BEC program started on January 2024. Danny and Tessie Moran, whose lovely home serves as the venue, shares that the program is from the St. Paul Theology Center headed by Scott Hann. It looks at the basic teaching of the Church on the meaning and origin of the sacraments. It also delves deeper into the mystery of the sacraments as shown in the Sacred Scriptures.

Tessie says, "The first series was Genesis to Jesus. These sessions were done online because of the pandemic. The last part of that series was done by CTK's guest priest and theologian, Fr. Rowan Rebutillo." She adds that the current series, The Bible and the Sacraments, is being facilitated by Agnes Fernando who is currently enrolled at The Franciscan University in Steubenville, Ohio taking up Master of Arts in Theology and Christian Ministry.

Danny Moran adds that the study is done once a month and runs for an hour and a half. It includes a video, a summary of the key points and is wrapped up with small break out discussions. All are guided by the package program of Scott Hann.

Danny and Tessie are delighted that the program is getting positive feedback as evidenced by the regular attendance of 20 or more parishioners.

"The series on the "Bible and the Sacraments" gives me a better and clearer understanding of the Scriptures. I get to understand better His plan for us. It makes me learn from how others interpret the Scriptures and how they practice it in their daily lives." — *Ana Fernando*







Thank you

Thank you everyone for your warm greetings, prayers, and wishes! Yesterday was a blessed day. Surrounded by CTK friends and co-workers, my siblings, fellow clergy, and embraced by the grace and tenderness of God, my 57th birthday became a meaningful and memorable celebration. Thank you for being part of my life's blessings! AMDG.

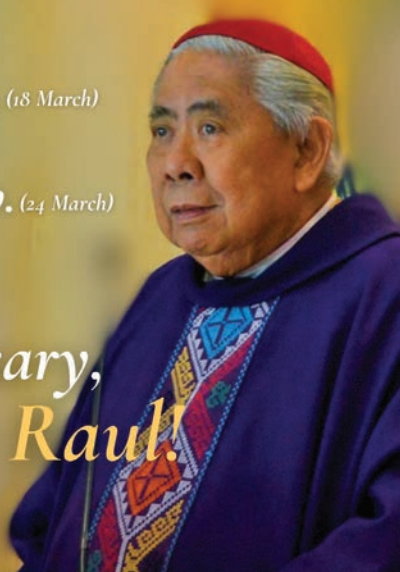


Fr. Steven Zabala

3/7/24




63 years
a priest, (18 March)
41 years
a bishop. (24 March)

Happy
anniversary,
Bishop Raul!

HAPPY BIRTHDAY
Fr. Rowan!
March 8

Your CTK family prays for good health, and for more happy years in service to The Lord!



BISHOP ONGTIOCO: MAKING SYNODAL CONVERSATIONS A WAY OF LIFE

By Tessa Mangahas

The Synodal Conversations as per the directive of Pope Francis are continuing. Contrary to the common misconception that these conversations that started in the latter part of 2021 will end upon submission of the CBCP report to the Vatican, Cubao Bishop Honesto Ongtioco DD is urging the faithful particularly in the Diocese of Cubao to keep the talks going to feel the pulse of the Church down to the peripheries.

Christ the King Parish Greenmeadows has been the venue of several of the synodal meetings after the CBCP filtered down to the diocese the Vatican report consolidating all of the talks that transpired in the Catholic Church around the world.

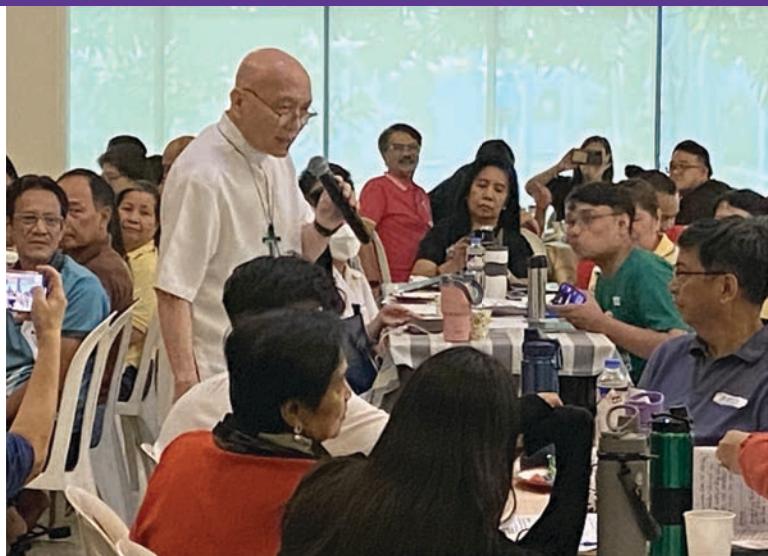
On February 24, 2024, about 300 of the Cubao laity from more than 40 parishes converged at CTK Greenmeadows social hall for another synodal session. Among the topics discussed were the laity response to digital movements in communication and the forthcoming clergy transfers.

Fr. Omer Prieto is at the helm of the Cubao synodal effort ably assisted by Jojo Sumpaico, Johnny Liao, Benny Hate, Tessa Mangahas, and other lay volunteers.

Cubao Bishop Honesto Ongtioco showed full support when he dropped by the meetings and expressed his thanks to the laity for being “icons of God,” while giving the best of themselves for the Church’s mission.

Bishop Nes urged the lay leaders, especially the youth, to take a more active role and “give your hearts” to share in the vision of the Church. “We should see ourselves not in the eyes of men, but in the eyes of God. You are all icons of God in terms of goodness and sacrifice. That’s because you give the best portion of yourselves just as God gave the best of himself,” he adds.

Fr. Omer Prieto expressed his satisfaction in the all-out support for the synodal conversations as evidenced by the large gathering. He prays that this kind of enthusiasm will continue to snowball and resonate among the faithful.



Bishop Nes tells the Cuabo laity – “You are all icons of God.”



More than 300 participants came together to continue the conversations and prepare for priests’ transfers.



Bishop Nes says synodal conversations should be a way of life.

WE WARMLY WELCOME CTK'S NEW PARISH PRIEST, FR. ARTHUR 'AYTOY' OPINIANO!



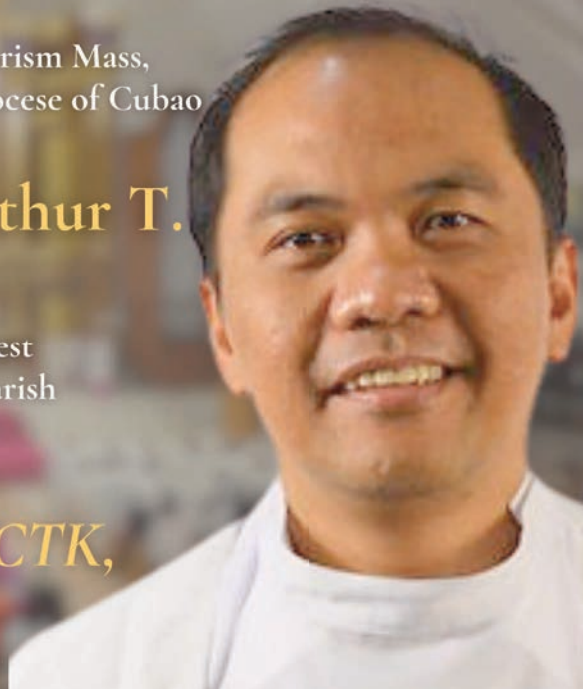
CHRIST THE KING PARISH
GREENMEADOWS

During this year's Chrism Mass,
the Bishop of the Diocese of Cubao
has appointed

**Rev. Fr. Arthur T.
Opiniano**

as the new parish priest
of Christ the King Parish
Greenmeadows,
effective 1 June 2024.

*Welcome to CTK,
Fr. Aytoy!*



CONGRATULATIONS ON YOUR NEW ASSIGNMENTS!



CHRIST THE KING PARISH
GREENMEADOWS

During this year's Chrism Mass,
the Bishop of the Diocese of Cubao
has appointed
Rev. Fr. Steven Zabala
as the new rector and parish priest of

**Immaculate Conception
Cathedral of Cubao**

effective 1 June 2024.

*Thank you, Fr. Steve!
CTK is blessed
to have had you
as our parish priest!*



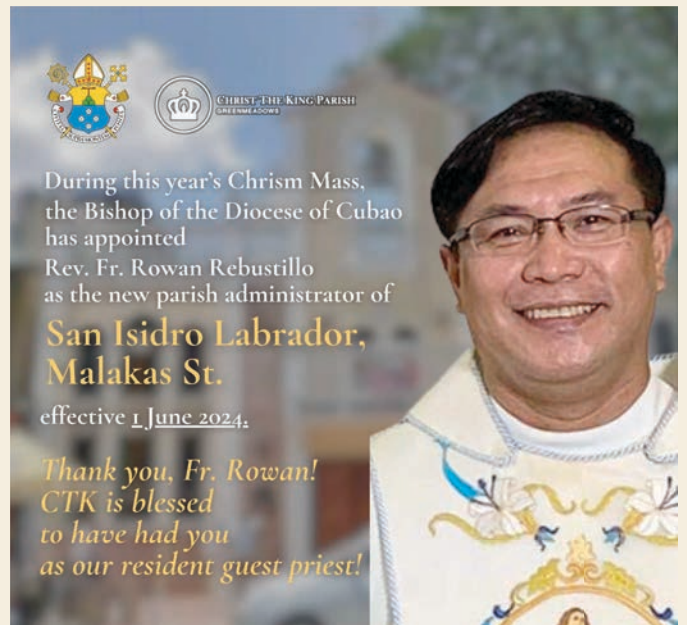
CHRIST THE KING PARISH
GREENMEADOWS

During this year's Chrism Mass,
the Bishop of the Diocese of Cubao
has appointed

Rev. Fr. Rowan Rebutillo
as the new parish administrator of
**San Isidro Labrador,
Malakas St.**

effective 1 June 2024.

*Thank you, Fr. Rowan!
CTK is blessed
to have had you
as our resident guest priest!*



God go with you, Father Steve and Father Rowan, as you assume your roles in your respective parishes!

GETTING TO KNOW THE APOSTLES OF PRAYER

By Dolly Enriquez-Borlongan

The Pope's Worldwide Prayer Network-Apostleship of Prayer or PWPN-AP is a Pontifical Society, a Vatican foundation, with the mission of mobilizing Catholics through prayer and action in response to the challenges facing humanity and the mission of the Church. These challenges are presented in the form of prayer intentions entrusted by the Pope to the entire Church. Basically, we are prayer warriors of the Pope for his monthly prayer intentions. In praying these intentions, we extend our gaze onto the whole world and enter personally into the joys and hopes, the pains and sufferings of our brothers and sisters everywhere.

We are a universal union of men and women who, by our daily oblation of the Morning Offering, unite ourselves with the Eucharistic Sacrifice in which the work of redemption is continuously accomplished. By this vital bond with Christ, we cooperate in the salvation of the whole world.

The mission of the Church is mercy. The heart of the Church's mission is prayer. We, as Apostles of Prayer, are missionaries in the mission of Christ's compassion to bring His divine mercy to the people. Our programs are made to train and renew the spiritual life of the laity in the parishes and diocesan organizations. We are a spiritual pathway inspired by the symbol of the heart—the human heart and the Heart of Jesus—that in unison wish to respond to the needs of today's people. Primarily, we have an ecclesial face, being a network of hearts that pray with the Pope for the mission of the Church all around the world. We are a worldwide prayer network, with a digital element—www.popesprayer.va, thepopevideo.org, clicktopray.org or Click to Pray app, and the Click to Pray eRosary app .

We are a school of prayer. Joining our organization will not only guide our members to the habit of prayer but more so to appreciate the beauty of gazing at the face of Jesus in the Most Blessed Sacrament every first Friday of the month. During the Holy Hour, you can feel the Lord so close to your heart.



Pope's Worldwide Prayer Network
**APOSTLESHIP
 OF PRAYER**
 PHILIPPINES



The Enthronement of the Sacred Heart of Jesus at one parishioner's home led by Fr. Steve Zabala

How do we personally live the pathway as an Apostle of Prayer?

1. By praying the "Three Moments of Prayer" every day with Jesus in the morning, with Jesus at noon, and with Jesus at night;
2. By consecrating our lives to prayer and service in response to the challenges identified in the Pope's monthly intentions; and
3. By following the Way of the Heart as a map for our spiritual journey and as a school of our formation.

In the AP, we practice the Enthronement and Family Consecration to the Sacred Heart of Jesus in our homes. In consecrated families, the image of the Sacred Heart of Jesus occupies a prominent place of honor in the home to remind the family that Jesus is the Master and the center of family life. An image of the Immaculate Heart of Mary may likewise be enthroned for the consecration to her Immaculate Heart. Homes are also blessed and sprinkled with holy water.

The Sacred Heart promised: "I will bless the home where the image of my Sacred Heart shall be exposed and honored."

For those who wish to join us or have the Sacred Heart of Jesus enthroned and consecrate their families and homes, please contact Dolly at 0917-7936559 or Ellen at 0917-5710980. You can also join the Apostles of Prayer and missionaries for the Pope's monthly intentions.

We invite you to join us every first Friday of the month at 5 p.m. in the CTK Main Church to spend the Holy Hour with the Lord in his Most Blessed Sacrament followed by the 6 p.m. celebration of the Eucharist.

FR. DENNIS CAGANTAS: PRIEST ON THE MEND

With contributions from Fr. Dennis Cagantas
SUGAT.

“Your wound is also an encounter.”

This is how Fr. Dennis Cagantas describes the event at Limasawa from April 20 to 22, 2024 that is led by a group called MEND (Music for the Environment and Nation Development). They are creative professionals brought together and inspired by the teachings on caring for the environment imparted in Pope Francis’ *Laudato Si*. It focuses on giving voice to the poor, indigenous people, the young, and nature.

Fr. Dennis, who is also MEND’s chairperson, says that while in Filipino, the word “sugat” means *wound*, in Bisaya, it means *encounter*. This is the reason why their April event bears the title SUGAT. It seeks to be a step to heal the wounds inflicted by people on their environment by encounters that transform and push economic growth through the creative use of one’s God-given gifts.

Christ the King Parish Greenmeadows parishioners felt this endeavor up close and personal as part of its 44th parish fiesta celebration last year. As its launching activity, MEND was at the forefront of a visual arts exhibit and a musical concert held in the parish social hall and main church respectively. Entitled “Hope for the Earth, Hope for Humanity,” parishioners experienced firsthand how MEND uses arts to engage awareness as they advocate caring for the environment. Performing groups including CTK Music Ministry’s Novo Concertante moved people to an awareness of the earth’s plea for healing through arts.

Fr. Dennis says, “Teaching people about climate change is difficult because it can be seen as a very complex concept. Adding to that challenge is the current state of the community where the environmental threats are happening.” He shares that areas that are most vulnerable to environmental abuse are usually poor communities whose residents are more concerned about where their next meal will be coming from. Through MEND, people, young and old, rich, or poor can realize that they can do their bit in saving the environment simply by using innate creative talents in various art forms. Fr. Dennis muses, “These ‘encounters’ in art become pathways to heal the ‘wounds’ of the environment. That is why SUGAT is an apt title for the April gathering.”

While brimming with excitement in anticipation of the April event, Fr. Dennis admits that there is so much more to do. MEND will continue to explore artistic channels by conducting immersive workshops.



They will continue to encourage the creation of knowledge products in arts to send complex messages of sustainability, biodiversity, and circular economy in chewable, simpler, and creative means. They envision to uplift the lives of communities like Limasawa by rallying residents to recognize that all is not a lost cause. And they will continue to seek individual and corporate partners to help them achieve their goals.

Fr. Dennis laments that up to this day, some school children in Limasawa still study under makeshift tents after the devastation wrought by Typhoon Odette in December 2021. But he is hopeful that activities like the creative eco festival SUGAT will gather artists, environmentalists and advocates to boost the rebirth and transformation of islands like Limasawa to its God-given beauty and splendor.

After all, didn’t the Bible say at the end of the sixth day of creation, “And God saw everything that he had made, and behold, it was very good” (Genesis 1:31).

Fr. Dennis Cagantas is a professor at the Loyola School of Theology and a guest priest at Christ the King Parish Greenmeadows. He is also the chairman of MEND. For inquiries, donations and opportunities for partnership for MEND, please call 09771898814 or email cagantasd@gmail.com.

CTK'S FIRST LADY APOSTLES: WOMEN ALSO STOOD BY JESUS

By Tessa Mangahas

For the first time since it was founded 44 years ago, Christ the King Parish Greenmeadows will have women “apostles” in the rite of foot washing during the liturgy of Holy Thursday.

Parish priest Fr. Steven Zabala said that Pope Francis himself issued a decree in 2016 allowing women to participate in the foot washing, a ritual that was traditionally open only to men. Three years earlier in 2013, the newly elected pope celebrated Holy Thursday by washing the feet of inmates—including women, Muslims, and Orthodox Christians—at a Roman juvenile detention center.

Pope Francis said that this change improves the ways to fully express the meaning of Jesus’ gesture and his boundless charity.

Prior to this, parishes worldwide, including the Philippines, had already been including women in the foot-washing ritual for years. The decree of the Congregation for Divine Worship made the practice valid.

Fr. Steven said that the foot-washing ritual is a gesture of “humble service” performed by Jesus as depicted in the Gospels. He notes that Pope Francis’ thrust for synodality is meant to be a continuing exercise for the Church to come together and discern the stirrings of the Holy Spirit.

Apostles’ coordinator Louie Laudico, CTK’s “women apostles” Joy Cuadrante, Dolly Borlongan, Tessa Mangahas, Beth Monedero and parish priest Fr. Steven Zabala share their thoughts on changes in this foot-washing ritual.



Fr. Steven Zabala
(Parish Priest)

Foot washing symbolizes Jesus’ humble and loving service... part of his selfless and inclusive self-giving, the essence of the Eucharist. Including women in the

rite of footwashing speaks of the inclusivity of God’s love and humble service.



Louie Laudico
(Apostles’ coordinator,
Sunrise Ministry)

At first, *medyo nag-dalawang isip ako* because I am a traditionalist. But I guess Fr. Steve wants women to be involved in Holy Week activities as apostles in line

with the Church’s journey towards slowly increasing the role of women in our Church.



Joy Cuadrante (CTK church volunteer,
PPC, Lector)

My husband served as an apostle many years ago. Last year, it was my two sons’ turn. (I was the only one left behind!) As a family, we would always participate in the Triduum. Yet as a woman, the roles I

could volunteer for were limited to being lecom or offeror. I am excited to be able to serve and pray as a volunteer apostle this year since it will be a new experience for me. As I perform the duties of an apostle, I expect Jesus to surprise me in some way. I pray that He will touch my heart in such a special way, that I become holier and more faithful as a follower of Christ.



Dolly Borlongan (CTK church
volunteer, Apostleship of Prayer)

Being an apostle is nostalgic for me because my late husband was an apostle in Holy Week 2004. I felt the calling in my thoughts and didn’t hesitate to take the opportunity to reflect on the passion, death, and resurrection of Christ. After all, Christ’s resurrection is ours too. What better way is there to culminate the 40 days of the Lenten pilgrimage by rediscovering the mercy of God?



Beth Monedero: (CTK church
volunteer, LOC, BEC coordinator,
Lector)

I’ve always seen males in the role of apostles. There were times when I was asked to recommend male candidates to the roster of apostles. But when the opportunity opened up, I thought, “*Kaya ko kaya?*” I asked myself. And then I thought, “Why not?” Putting myself in the shoes of the original apostles allows me to be an instrument for my Master. I will wholeheartedly do this even if it entails sacrifice. I want this to be the holiest Holy Week of my life. I’ve always prayed to be among Jesus Christ’s circle of friends. By being part of this rite, I can feel that I am.



Tessa Mangahas: (CTK church
volunteer, Social Communications
Ministry, Lector)

Mother Mary was the first apostle. She was present at the Last Supper, walking with the crowd in the alleys going to Calvary up until the foot of the Cross. Mary Magdalene was also present, big ‘sinner’ that she was. Plus the Bible says Mary Magdalene was the first “marites” who ran to tell the other apostles that Jesus had risen. I was first invited to be a ‘woman apostle’ in another parish years ago, but I felt I was too caught up in Holy Week duties to be one. And like the others, I felt so unworthy. This time however, I believe that my feelings of unworthiness will never go away and that my participation as an apostle will be a manifestation of humble service, unwavering faith and devotion to Jesus. He’s got my back. Despite my sins, I pray that I can muster the courage and strength to stand by Jesus and feel His love and compassion.

The complete list of “apostles” this year include the following:

1. Mark Aguas – Extraordinary Minister of Holy Communion
2. Jeff Cua – Acropolis Greens
3. Henry Porca – Extraordinary Minister of Holy Communion
4. Judee Boado – Extraordinary Minister of Holy Communion



Jay Alcantara

Mark Aguas

Gerard Anthony Gerona

Jeff Cua

Dindo Tangonan

Robert Figueras

Henry Porca

Judee Boado

Joy Cuadrante

Dolly Borlongan

Beth Monedero

Tessa Mangahas



5. Jay Alcantara – Extraordinary Minister of Holy Communion
6. Gerard Anthony Gerona – St. Ignatius Village
7. Joseph Macavinta – Extraordinary Minister of Holy Communion, DK member
8. Robert Figueras – CTK Maintenance staff
9. Joy Cuadrante
10. Tessa Mangahas
11. Dolly Borlongan
12. Beth Monedero



Worship head Leila Banico gives final briefing



CTK'S KNIGHT OF COLUMBUS CHAPTER RECEIVES AWARD

By Rudy Retirado

The Knights of Columbus (KoC) chapter of Christ the King Parish-Greenmeadows was given yet another Star District Award, which was received by Worthy Faithful Rudy Retirado. Another Columbian Award was received by Worthy Comptroller Anjoe Ramos. These awards were bestowed by the Knights of Columbus Supreme Council, New Heaven Connecticut, U.S.A. for Fraternal Year 2022-2023. Photo shows CTK parish priest Fr. Steven Zabala (center) with KoC members Irwin Reyes, Anjoe Ramos, Fr. Steve, Rudy Retirado, and Joel Tamor. Vivat Jesus! Ave Maria!



This year's 12 Apostles with Fr. Steve

OLPH VICARIATE SOCIAL COMMUNICATIONS MINISTRY

Visita Iglesia



2024

A Holy Week Pilgrimage to the Seven Churches of The Vicariate of Our Lady of Perpetual Help

Our Lady of Perpetual Help Parish Cubao • Our Lady of the Miraculous Medal Parish
Christ the King Parish Greenmeadows • Transfiguration of Our Lord Parish
Nativity of the Lord Parish • San Roque Parish • Saint John Paul II Parish

OLPH VICARIATE SOCIAL COMMUNICATIONS MINISTRY

Visita Iglesia

2024



A Holy Week Pilgrimage to the Seven Churches of The Vicariate of Our Lady of Perpetual Help

Why Seven Churches?

The tradition of visiting seven churches on Holy Thursday grew out of this time of prayer and adoration that proceeds the Holy Mass. Jesus asked his disciples to stay and watch with him while they were in the garden and that is why we have adoration after Holy Mass until midnight every year on Holy Thursday. This tradition of mindful watching is a sort of pilgrimage to various altars of repose in different churches that correspond to each of the seven places that were made by Jesus between his last supper leading to his crucifixion on the cross.

The seven stations consist of:

- Jesus in the Garden of Gethsemane,
- Jesus bound and taken before Annas,
- Jesus taken before the High Priest, Caiaphas,
- Jesus taken before Pilate,
- Jesus taken before Herod,
- Jesus taken before Pilate again, and
- Jesus given the crown of thorns and led to his crucifixion.

Upon entering each church, pilgrims visit the altar of repose, kneel, make sign of the cross, read the appropriate scripture for each station and engage in private prayer and adoration.

The origin of the seven churches visitation is typically credited to Saint Philip Neri and is practiced by Catholics around the world, including Poland, Mexico, Italy and the Philippines.

Visiting seven churches is a powerful way to spend time in adoration, meditating on Christ's sacrifice of love for the salvation of souls in preparation for the joy of Easter. There is something special about visiting churches late into the night. It is not just because of the opportunity to visit other parishes, it is because of intentionally seeking Christ to spend time with him and contemplating the gift of his love.

- **OUR LADY OF PERPETUAL HELP PARISH CUBAO**
13th Avenue, Cubao, Quezon City
- **OUR LADY OF THE MIRACULOUS MEDAL PARISH**
Camerino Street, Project 4, Quezon City
- **CHRIST THE KING PARISH GREENMEADOWS**
Greenmeadows Avenue, Quezon City
- **TRANSFIGURATION OF OUR LORD PARISH**
18th Avenue, Cubao Quezon City
- **NATIVITY OF THE LORD PARISH**
Ermin Garcia Avenue, Quezon City
- **SAN ROQUE PARISH**
San Roque Street, Bagumbayan Quezon City
- **SAINT JOHN PAUL II PARISH**
Orchard Road, Eastwood, Quezon City





PARISH WAY OF THE CROSS IN THE DIFFERENT VILLAGES



Greenmeadows 1



Acropolis Greens



St. Ignatius Village



Enclave and Ivory Court



Arcadia



White Plains



Libis



Corinthian Hills



Corinthian Gardens



CHRIST THE KING PARISH
GREENMEADOWS

HOLY WEEK LENTEN RECOLLECTION — 2024 —



OUR GOD IS A WOUNDED GOD: A GOOD FRIDAY REFLECTION

🕒 9 AM - 11 AM 📅 March 29, 2024 📍 CTK, Main Church

SPEAKER:

Reverend Fr. Dennis Cagantas



THE SILENCE OF BLACK SATURDAY AND THE VIRTUE OF VULNERABILITY

🕒 9 AM - 11 AM 📅 March 30, 2024 📍 CTK, Main Church

SPEAKER:

Reverend Fr. Rowan Rebusillo

📍 @CTKPGreenmeadows

📍 Christ The King Parish Church Greenmeadows

✉️ ctkgreenmeadows@yahoo.com.ph

☎️ 8633-0280 | 8687-1909

“The silence of Black Saturday reveals the heart of God, the Emmanuel, who accompanies us even in the realm of death that is the ultimate consequence of our transgression. God made himself vulnerable because of His covenantal love for us. We, especially the shepherds, are all called to embrace the virtue of vulnerability embodied by Christ.” – *Fr. Rowan Rebusillo*



Allan San Jose, Maribel Castillo, Narsing Malatuba, Baby Bersuela, Malou Cataldi (behind), Ellen Chua, Eden dela Cruz, Betty Ong, Monica Uy, Cheche Marasigan, Nila Aquino, Tessa Mangahas (behind), Nancy Ang and Dennis Espinosa take the obligatory pose after Sunday choir duties.

APLOC: SINGING LIKE ANGELS

It takes a lot of courage to stand up in front of a large congregation and sing your heart out. But when you've got the voice, the bravado, and the determination to sing your praises to God in the best way possible, the result will probably be something close to celestial.

Twenty-one years since the group was formed by Cynthia Tan, this is what the 14 active members of the APLoC (Apostolate of Prayer-Ladies of Charity) Choir may be experiencing. The group takes its role in CTK's Music Ministry seriously. No karaoke mentality here. Choir head and moving force, Ellen Chua, makes sure that the group spend hours of practice every Wednesday evening and Saturday morning. They sing regularly during the 9:00 a.m. Mass on the second, fourth, and fifth (if there is one for that month) Sundays. And since the members were culled from the organizations of Apostolate of Prayer and the Ladies of Charity, they also sing on First Friday evening Mass, First Saturday morning Mass, and First Saturday vigil Mass at Greenmeadows. Quite a punishing schedule for this motley group of working people, entrepreneurs, and music lovers, but they are doing it wonderfully.

Ellen admits that the choir came from humble beginnings. Not everyone has a solid musical background. As of now, the group has not had any major concert or performed internationally. But because of their dogged determination, Ellen's constant push and motivation, and the patience of pianist Dennis Espinosa, the group has polished its singing prowess.

"*Naririnig ko na ang blending nila*", says Dennis. He mentioned that, at first, it was challenging to bring their voices together or make them study new song pieces, especially since a good number were saddled with the usual concerns of work, home, and other church involvements. "*Masaya ang samahan at pagkakaibigan,*

pero kung merong mali sa pagkanta, tanggap naman nila kung kinokorek mo sila," adds Dennis. It is noteworthy that members have specific tasks to keep the music going. Baby Bersuela usually prepares the song sheets, and Betty Ong coordinates the technical aspects, like the PowerPoint slides.

"*Sa totoo lang, nung simula, hindi mo masasabing 'professional' o perfect ang pagkanta namin,*" Ellen recalls. "*Pero dahil sa practice, and because we sing to and for the Lord, kaya siguro nastre-stretch din ang voices namin.* We are now hitting the right notes and blending quite well," she adds.

Another remarkable thing about the group is that they come from different parts of the metro. Perhaps in keeping with CTK's character of being a Parish for Others, some members come from Marikina, others from Makati and San Juan, while some are from within parish boundaries. But it is amazing that on Wednesdays, Saturdays, and Sundays, most of the group manage to come together and spend long hours in practice, usually capped by a snack in a nearby fast-food chain.

The group is composed of Ellen Chua, Dennis Espinosa, Betty Ong, Nancy Ang, Monica Uy, Malou Cataldi, Narsing Malatuba, Baby Bersuela, Eden dela Cruz, Nila Aquino, Cheche Marasigan, Allan San Jose, Annie Cruz, Maribel Castillo and Tessa Mangahas.

They all agree that their biggest sense of fulfillment come from the community itself. Perhaps due to their humble beginnings, they feel happiest when members of the congregation compliment them and say that they "sing like angels." Dennis shares that some even said they were moved to tears by APLoC's singing. Ellen says, "*Sabi nung parishioners, feel na feel daw nila ang Misa when we sing. That felt really, really good.*"

APLoC may not be ready for their first major concert, but that does not faze them. Moving forward, they are certain that their love for God, love for music, and love for the community will give them the strength and inspiration to keep singing like angels.

SCHEDULE OF PUBLIC MASSES

as of November 20, 2022

WEEKDAY MASSES

Mon to Fri 7AM  LIVE
6PM
Sat 7AM  LIVE

SUNDAY MASSES

Sat (Vigil Mass) 6PM
Sun 6AM
7:30AM  LIVE
9AM
10:30AM  LIVE
12NN
5PM  LIVE
6:30PM

VISITATION HOURS

CHURCH

Mon-Fri 9AM-6PM
Sat 9AM-3PM

CRYPTS

Daily 6AM-6PM

MORTUARY

Daily 8AM-9:30PM

ADORATION CHAPEL

Daily 7AM-8PM

**PHYSICAL DISTANCING:
6pax at a time*

CONFESSIONS

Wed to Fri 9-10AM
Sat 5:30-6PM
Sun 10-10:30AM
4:30-5PM
6-6:30PM

WEDDINGS & INDIVIDUAL BAPTISMS

As scheduled

PARISH OFFICE

Tues to Sun 8AM-12NN
1-4PM
Mon CLOSED

Landlines:

8633-0280

(Baptism, Mortuary, Crypt)

8638-4838

(Weddings)

Mobile (TEXT ONLY):

0908-365-4255

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ctkgmweddings2023@gmail.com

BAPTISMS

(includes First Holy Communion and Confirmation)

ctkgmbaptism@gmail.com

DONATIONS

ctkgmdonations@gmail.com

MASS INTENTIONS

ctkmassofferings@gmail.com

OTHER CONCERNS

ctkgreenmeadows@yahoo.com.ph



CHRIST THE KING PARISH
GREENMEADOWS

PHOTO: Roman Catholic Dioc...

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