



THE HERALD

CHRIST THE KING PARISH • GREENMEADOWS



WALKING WITH THE RISEN LORD: **DISCOVERING JESUS ON THE ROAD TO EMMAUS**

By Fr. Aytoy Opiniano — *Parish Priest*

Dear brothers and sisters in Christ,

Easter is the celebration of hope. It reminds us that even when life seems dark, confusing, or painful, the Risen Lord is already walking beside us. One of the most touching stories of this hope is found in the Gospel of Luke (Luke 24:13-35), the story of the disciples on the road to Emmaus.

Two disciples were leaving Jerusalem with heavy hearts. They had believed that Jesus would change everything. They had hoped that He was the one who would redeem Israel. But after His crucifixion, their dreams seemed shattered. They walked away feeling disappointed, confused, and lost. Their conversation was full of sadness and questions: *Why did this happen? What went wrong? Where is God in all this?*

In one way or another, many of us have walked

our own road to Emmaus.

In our parish community at Christ the King (CTK), many parishioners carry silent struggles. Some families face financial worries. Some parents are anxious about their children's future. Some elderly parishioners experience loneliness. Some young people are searching for meaning and direction in life. Others carry grief after losing someone they love. Like the disciples, we sometimes walk through life wondering where God is in the middle of our struggles.

Yet the beautiful message of the Emmaus story is this: **Jesus walks with us even when we do not recognize Him.**

The Gospel tells us that while the disciples were talking and debating, Jesus Himself came near and walked with them. But their eyes were prevented from recognizing Him. He listened patiently to their pain,

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their disappointments, and their confusion. The Risen Lord did not interrupt them or judge them. Instead, He accompanied them with patience and compassion.

This is the heart of Easter: Jesus does not abandon us in our moments of discouragement. He walks beside us.

Many CTK parishioners experience this accompaniment of Christ in simple but powerful ways. Sometimes we encounter Him in the Eucharist during Mass. Sometimes we feel His presence in the comforting words of a friend or the quiet support of a family member. Sometimes we discover Him in prayer when a troubled heart suddenly finds peace.

Like the disciples, our eyes are often opened slowly.

The turning point in the Emmaus story comes when the disciples invite the stranger to stay with them. "Stay with us," they say, "for it is nearly evening." When Jesus breaks the bread, their eyes are opened, and they recognize Him.

In that moment, everything changes.

Their sadness turns into joy.

Their confusion becomes clarity.

Their tired journey becomes a mission.

They immediately return to Jerusalem to share the good news.

This transformation is also the invitation of Easter for our CTK parish community. When we recognize the Risen Lord in our lives, we cannot keep that joy to ourselves. We are called to bring hope to others to our families, workplaces, and neighborhoods.

Perhaps someone around us is walking their own Emmaus road today. A neighbor may be struggling. A friend may be discouraged. A family member may feel lost. Easter reminds us that we can become instruments of Christ's presence for them. Through kindness, listening, and compassion, we can accompany others just as Jesus accompanied the disciples.

In our CTK parish, we also see signs of this living faith growing in many beautiful ways.

We started the Children's Mass at the CotA Opus

Mall every Sunday at 4:00 PM, where many young hearts are learning to pray, participate in the Eucharist, and experience the joy of being part of the Church. Their enthusiasm and innocence remind us that faith continues to grow from one generation to the next.

We are also grateful for the active presence of our Libis Community, whose dedication and participation strengthen the life of our parish.

The CotA Opus Pastoral Team has also begun to serve more actively, helping to build a vibrant faith community in this growing area. Their commitment to pastoral service and evangelization is a beautiful sign of collaboration in the mission of the Church.

Another inspiring sign of hope is the involvement of our CTK Scholars, who are being guided to serve actively in both Libis and San Roque Parish. Through their participation and service, these young people are not only growing in knowledge but also in faith and generosity.

All these initiatives remind us that the Risen Lord continues to walk with our parish community. He is present in every act of service, in every child who learns to pray, in every volunteer who offers time and love for the Church.

The road to Emmaus teaches us a powerful truth: our journey of faith is never a lonely road.

Even when we feel disappointed, confused, or broken, the Risen Lord walks beside us. He listens to our stories, heals our hearts, and opens our eyes to His presence.

And when we finally recognize Him, our hearts begin to burn with hope again.

May this Easter season renew our faith, strengthen our hope, and inspire us to walk with others just as the Risen Lord walks with us.

Happy Easter to all of you.

Fr. Arthur T. Opiniano

Parish Priest, Christ the King Parish

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CUBAO BISHOP AYUBAN CALLS FOR PEACE AS HE MARKS 30 YEARS OF PRIESTHOOD

By Tessa Mangahas

Amid global tensions and local tragedy, Elias L. Ayuban Jr., CMF, Bishop of the Roman Catholic Diocese of Cubao, marked his 30th sacerdotal anniversary with a Eucharistic celebration on March 9 at the Immaculate Conception Cathedral of Cubao. Priests of the diocese, religious, and lay faithful from various parishes gathered in thanksgiving for three decades of priestly ministry.

In his homily, Bishop Ayuban reflected on the deeper meaning of peace, describing it not simply as a feeling but as a mission entrusted to every priest and Christian. “Peace is not simply a feeling,” he said. “It is my mission. It is the mission of every ordained priest.”

The bishop noted that the anniversary was being celebrated at a time marked by uncertainty and suffering in the world. He referred to the ongoing conflict involving the United States and Israel against Iran, observing that wars, though distant, affect everyone—from rising prices of basic commodities to the threat of disrupted supplies. These realities, he said, remind the faithful of the urgent need to pray and work for peace.

“Closer to home, Bishop Ayuban also recalled the devastating fire that rendered 4000 families homeless in Barangay Pinyahan.” He thanked the priests and lay volunteers who have been assisting the victims and noted that churches continue to serve as places of refuge and hope for those who lost their homes and belongings.

Drawing from the teachings of Pope Francis, Saint John Paul II, and Pope Paul VI, the bishop reminded the faithful that peace begins in the human heart. War, he said,

is born from human attitudes and divisions, and therefore true peace requires a transformation rooted in the Gospel values of truth, justice, love, and freedom.

“A parish should be a school of peace,” he said, explaining that communities of faith must become places where rich and poor pray together, strangers become family, and people learn to listen and walk with one another.

Bishop Ayuban also emphasized that peace cannot exist without justice. Caring for the poor, defending the vulnerable, and standing with those in need are essential expressions of Christian discipleship. “We are not only called to be peace lovers,” he said, echoing the Beatitudes. “We are called to be peacemakers.”

Expressing gratitude for the gift of priesthood, the bishop prayed that Christ, the Prince of Peace, would continue to guide his ministry and make families, parishes, and communities instruments of reconciliation and hope.

The anniversary celebration concluded in a spirit of simplicity and fraternity as clergy and parishioners shared a humble meal of *lomi* and *pan de sal*, a fitting reminder that even in difficult times, the Church remains united in faith, service, and gratitude.



On his 30th sacerdotal anniversary, Bishop Ayuban says that “a parish should be a school of peace.”


 The image shows several wooden blocks on a dark, textured wooden surface. The word "FORGIVE" is spelled out in a row of seven blocks, with the letters in red. Other blocks with letters like 'S', 'F', 'R', 'A', and 'V' are scattered around, some partially visible.

FORGIVE

FORGIVENESS: A PATH TO RENEWAL, HOLINESS, AND HEALING

By Bishop Emeritus Honesto Ongtioco DD

As Lent begins in mid-February, the Church calls us to renewal and holiness. His call is not limited to external practices such as fasting to abstinence, but reaches deeply into the heart – especially in the **area of forgiveness**. True renewal is impossible if we cling to resentment, anger, or the desire for revenge.

Forgiveness is essential to the Christian life. Jesus makes this clear when He teaches, *“If you do not forgive others, neither will your Father forgive your transgressions”* (Mt 6:15). Holiness, therefore, is inseparable from mercy. To be holy is to become more like Christ, and Christ is mercy made visible.

Yet forgiveness is difficult. To ask for forgiveness requires humility – admitting our fault and lowering our pride. To forgive when we are offended can be even harder. We often say, *“I am the one who was hurt. Why should I humble myself?”* Forgiveness does not deny the pain or pretend the offense did not happen. Rather, it is a decision not to allow the hurt to control our hearts.

Paradoxically, forgiveness benefits the one who forgives even more than the one forgiven. Unforgiven

anger traps us in bitterness and restless thoughts of revenge. St. Paul warns, *“Do no let the sun set on your anger”* (Eph 4:26). Forgiveness frees us – spiritually, emotionally, and psychologically. It brings wellness: peace of soul, emotional balance, and inner healing.

Christ himself is our perfect model. While hanging on the Cross, already dying and unjustly condemned, Jesus prayed, *“Father, forgive them, for they do not know what they are doing”* (Lk 23:34). He forgave at the moment of greatest suffering, showing that forgiveness is not based on feelings but on love and trust in the Father.

In our time, wellness often focuses only on the self. But Christian forgiveness considers **Jesus**, **others**, and **oneself**. We forgive because we have been forgiven (Col 3:13); we forgive to stop the spread of evil; and we forgive to free our own hearts.

This Lent, forgiveness, becomes a concrete path to renewal. In letting go, we are not weakened – we are healed. In forgiving, we rise with Christ toward new life.

“SIR, TELL ME WHERE YOU HAVE LAID HIM: A LOVE STRONGER THAN DEATH”

By Fr. Rex Jeba, SDB

At the break of dawn, while the world was still asleep and hope seemed buried in silence, one woman walked toward a tomb. In the Gospel of John (John 20:15), she cries out, *“Sir, tell me where you have laid him, and I will take him away.”* These are not just words of grief. They are words of love, a love stronger than death.

Mary Magdalene was courageous. While others hid in fear, she went to the tomb early in the morning. Her love for Jesus did not end on Good Friday. Even when she thought His body had been stolen, she did not run away. She searched. She wept. She stayed.

Dear parishioners of Christ the King, this is our first lesson: **we must search for Jesus.** In a world full of distractions, noise, and endless responsibilities, it is easy to forget the Lord. But love searches. Love wakes up early. Love makes time for prayer, for Mass, for silence before the Blessed Sacrament. If we truly love Him, we will seek Him not only when life is good, but especially when life feels like a tomb.

Mary Magdalene’s love was so deep that she told the “gardener,” *“I will go and carry him.”* She was ready to carry a dead body by herself. That is how much she loved. And it was precisely in that moment of faithful searching that the Risen Jesus called her by name: “Mary!” She experienced the Resurrection personally.

That is our second lesson: **we must experience Jesus.** Faith is not just tradition; it is encounter. After the Resurrection, Jesus appeared to many to Thomas, who doubted; to the Gospel of Luke disciples on the road to Emmaus; to the apostles gathered in fear. But Mary Magdalene was something special. She was the first to see Him. The first to hear her name spoken by the Risen Lord. The first to be sent.

And she was sent with a mission: *“Go to my brothers and tell them...”* She became the apostle to the apostles.

Dear CTK family, this is our third lesson: **we must announce Jesus** to our families, our workplaces, our communities. When Mary announced the



Resurrection, the apostles did not fully believe her. Saint Peter and the beloved disciple ran to verify it themselves. She was not immediately trusted. Yet she did not give up.

How many times have we shared something about God with our children or grandchildren, only to see indifference? How often do our coworkers smile politely but remain unconvinced? Like Mary Magdalene, we may not be believed immediately. But love does not give up. Faith continues to witness.

At CTK, let us be a parish of seekers, experiencers, and proclaimers.

Search for Jesus daily. Experience Him deeply in the Eucharist and in prayer. Announce Him courageously, even if others need time to understand.

Because when love is real, when it is rooted in Christ, it becomes stronger than death. And like Mary Magdalene, we too will hear Him call us by name and send us to bring the light of Resurrection to the world.



EMHCs leading the Communion of the Sick Rite in QMMC



EMHCs giving holy communion to the sick in QMMC

CTK EMHC WDOS 2026: BRINGING CHRIST'S COMPASSION TO THE SICK

By Benjie Jimenez

The Extraordinary Ministers of Holy Communion (EMHC) of Christ the King Parish–Greenmeadows once again lived out their ministry of service and compassion during their annual outreach in celebration of the **World Day of the Sick**, held last **February 21, 2026** at Quirino Memorial Medical Center (QMMC).

The day began with the EMHCs gathering in prayer at the **7:00 a.m. Holy Mass** at Christ the King Parish. At the conclusion of the Mass, Parish Priest **Fr. Aito Opiano** formally commissioned **24 EMHC volunteers**, sending them forth as Eucharistic ministers to the sick and suffering.

Divided into **three teams**, the EMHCs visited various wards of QMMC. In each ward, they reverently led the **Rite of Communion for the Sick**, offering prayers, words of encouragement, and the gift of the Eucharist to patients who could not attend Mass. Holy Communion was also shared with family members and caregivers keeping vigil at their loved ones' bedside—simple but powerful moments of faith that brought comfort and hope.

To further uplift the patients, the EMHCs distributed **blessed rosaries, rosary prayer guides, and light snacks**, reminding them that the Church remembers and prays for them in their time of illness.

Beyond spiritual care, the ministry also extended practical assistance. Through the generosity of parishioners and benefactors, the EMHC Ministry raised a **record ₱470,000 in cash donations**, which was turned over to the **Medical Social Services Division of QMMC** to help indigent patients. This year's contribution surpassed previous years' donations—**₱400,000 in 2025, ₱380,000 in 2024,**



EMHCs attended the 7am Holy Mass & were commissioned by Fr. Aito to do the Communion of the Sick Rite in QMMC On the occasion of the World Day of the Sick



Turnover of ₱470,000 cash donation to the Medical Social Services Division of QMMC. This will be used by patients to buy medicines that are not available in the QMMC pharmacy

and ₱250,000 in 2023—a testament to the growing spirit of compassion and solidarity within the parish community.

For the EMHCs, this outreach is more than an annual activity—it is a living expression of their calling to bring Christ to those most in need. Each visit, prayer, and Eucharistic encounter becomes a quiet yet powerful reminder that **Christ's healing presence continues to reach the sick through the loving service of His Church.**

The ministry gives thanks to God for the opportunity to be instruments of His mercy and healing. With grateful hearts, they pray that the Lord will continue to **guide, strengthen, and bless the EMHC Ministry** as they carry out their mission of bringing Christ closer to others through the Eucharist and by living a truly Eucharistic life.

Thank you to everyone who supported this year's **World Day of the Sick** outreach. May God bless you abundantly for your generosity and prayers.



CTK'S FEEDING PROGRAM: THE LADIES OF CHARITY BRING MEALS OF LOVE, MORNINGS OF HOPE

By Lorie Santos

While most of the city is still asleep, the dedicated coordinators of CTK's Ladies of Charity—Baby Bersuela, Marites Turingan, Narcing Malatuba, Nila Aquino, Cora Dela Cruz, Liza Ibarra, Nenette Cayme, and Emma Alvez—have already begun their quiet mission of service. By 5:00 in the morning, they gather with joyful hearts to prepare meals for children who need nourishment, care, and encouragement.

Twice a week, from July to March of every school year, their day would begin at the market, selecting fresh ingredients, followed by hours of cooking and preparation. This labor of love sustains 85 pupils from Grades 1 to 4 of Libis Elementary School who benefit from the Christ the King Parish Feeding Program, an outreach activity of the parish's Social Services and Development Ministry, administered by the Ladies of Charity. CTK's feeding program has been nourishing young tummies and hearts since 1990.

But what the children receive goes far beyond a warm meal. Before eating, they pause together in prayer, learning to thank God for the blessings placed before them. In these simple moments, the program nourishes both body and spirit—instilling gratitude, faith, and hope.

For many mothers, the program brings deep reassurance. One mother shared that knowing her child receives a healthy meal each week eases a constant worry and allows her to focus on providing for the rest of the family. Another expressed gratitude that the children are not only fed but also taught to pray and grow in faith.

The children themselves respond with bright smiles and eager anticipation. For them, the meals are not only filling—they are a sign that their community cares. Some of the kids even drop to their knees in prayerful thanksgiving.

Inspired by the spirit of charity taught by Saint Vincent de Paul, the coordinators faithfully offer their time, energy, and compassion. Their early mornings remind us that true charity is more than giving food. It is sharing hope, dignity, and love.

Through this ministry, the Ladies of Charity continue their mission: serving Christ in the poor with humility, compassion, and joyful dedication.



Behind every meal is the loving service of our LOC coordinators and volunteers.



Praying together before sharing a meal. Nourishing both body and soul.



Giving thanks for the food, the love, and the blessings shared.

WALKING THE WAY OF THE CROSS TOGETHER FINDING PRAYER, SOLIDARITY, AND HOPE DURING LENT

By Tessa Mangahas

Each year during the season of Lent, the faithful are invited to enter more deeply into prayer, repentance, and reflection on the saving love of Christ. One of the most meaningful devotions during this sacred season is the Way of the Cross, also known as the Stations of the Cross—a prayerful journey that recalls the suffering, death, and redeeming love of Jesus on His path to Calvary.

The devotion to the Stations of the Cross began centuries ago when early Christians desired to retrace the steps of Christ in Jerusalem, especially along the path believed to be the Via Dolorosa, the road Jesus walked carrying the cross. As pilgrimages to the Holy Land became difficult for many believers, the Church encouraged local communities to recreate these stations in their own churches so that the faithful everywhere could spiritually accompany Christ in His Passion.

Today, the devotion continues to be an important spiritual tradition in Catholic parishes around the world—including at Christ the King Parish Greenmeadows. During all Fridays of Lent, parishioners gather in the Main Church to pray the Stations together, meditating on each moment of Christ's suffering—from His condemnation to death to His burial in the tomb.



Members of the SoCom Ministry participated in the Way of the Cross during First Friday



Young and seasoned parishioners came together to adore Christ in His Holy Cross



Organizations, BECs, ministries pose with Fr. Mike Cabangisan who led the Way of the Cross



Members of the Youth Ministry took an active role in the parish way of the cross

Beyond the parish church, the Way of the Cross is also prayed within the villages or Basic Ecclesial Communities (BECs). These gatherings bring together members of parish ministries, organizations, and neighborhood faith communities. In doing so, the devotion becomes not only a personal prayer but also a shared act of faith and solidarity.

Walking the Stations reminds the faithful that the cross is never carried alone. As parishioners pray together—reflecting on Christ’s suffering, compassion, and sacrifice—they are also reminded of the suffering present in the world today and the call to accompany one another in faith, hope, and charity.

More importantly, the Way of the Cross helps place the community in the proper spiritual disposition for the celebration of the Paschal Mystery. Through reflection on Christ’s Passion, the faithful are prepared to enter more deeply into the events of Holy Week and the joy of Easter.

As parishioners gather week after week during Lent—whether in the church or in their BEC communities—the Stations of the Cross become a powerful reminder of Christ’s enduring love and sacrifice.

By walking this sacred path together, the community grows stronger in faith, united in prayer, and ready to celebrate the victory of Christ’s Resurrection.



Residents of White Plains in a reflective mode during the BEC way of the cross



“We adore you O Christ and we praise you for by your Holy Cross, you have redeemed the world.”



Scenes of the Way of the Cross at Acropolis Greens



THE BATTLE WITHIN: A LENTEN REFLECTION ON THE EIGHT EVIL THOUGHTS

By Elaine Palamos and Sheryl Coronel

Fr. Winston Cabading held a Lenten Recollection on Saturday, March 14, 2026, at the St. Matthew and St. Mark rooms. His reflection, “When Your Enemy Uses Your Weakness Against You: The Eight Evil Thoughts,” reminded us that the real spiritual battle often begins within our own hearts. He introduced the ancient teaching on the eight evil thoughts—the roots of the deadly sins—and how the enemy can use our weaknesses if we are not vigilant.

The talk drew on the teachings of the early Church Fathers St. Evagrius of Pontus and St. John Cassian. The reflection helped participants understand the spiritual battle within the human heart and the inner struggles that can distance us from God.

Fr. Winston explained that the spiritual life is a daily pursuit of holiness and virtue. At the root of many temptations is what he described as the “spirit of the world,” a mindset opposed to Christ and His ways. This spirit manifests in disordered desires of the flesh, the eyes, and pride, drawing a person away from obedience to God. He noted that evil influences not only tempt people to sin but also seek to keep them trapped in habits that lead to spiritual slavery.

The talk explored the eight evil thoughts: gluttony, lust, avarice, sadness, anger, acedia or spiritual sloth, vainglory, and pride. These often begin as simple thoughts or suggestions but become harmful when entertained and acted upon. Fr. Winston also described two subtle spiritual traps: the “deluder,” which distracts us from prayer and convinces us we are too busy for God, and the “dejector,” which fills the soul with discouragement.

He reminded the faithful that idolatry lies at the root of many struggles when pleasure, wealth, power, or self becomes more important than God. True victory, he said, comes through prayer, vigilance, humility, forgiveness, discipline, and total dependence on God’s grace. In

Christ, the path to freedom and renewed life is always possible.

For me, the recollection also reminded us of something hopeful: the path to victory is not complicated. A life of simplicity, humility, and total dependence on the Lord helps us see everything in its proper perspective.

When we learn to surrender our weaknesses to God, the battle is no longer ours alone.

I am grateful for the wisdom, the reminders, and the call to keep striving for holiness.



CHRIST THE KING PARISH
GREENMEADOWS

When Your Enemy Uses Your Weaknesses Against You: The Eight Evil Thoughts

MARCH 14 Sat 9-11am, STS. MATTHEW/MARK ROOMS

Fr. Winston Cabading, OP
Prior Santo Domingo Convent
Rector of National Shrine of Our Lady of La Naval de Manila
Exorcist, Archdiocese of Manila

BLESSING OF SACRAMENTALS WILL FOLLOW AFTER THE TALK

BLESS OUR DARKNESS: FR. MANOLING FRANCISCO, SJ ON LEARNING TO SEE GOD IN THE ORDINARY

By Tessa Mangahas



On Saturday, March 14, 2026, the Chapel of the Archangels at Opus Mall gathered mall and office workers, residents, parishioners, and visitors for a meaningful Lenten recollection led by Jesuit theologian, professor and composer Fr. Manoling Francisco, SJ. His reflection, which is also the title of his latest composition, “Bless Our Darkness” invited the faithful to rediscover how God saves not only through the suffering of the Cross but through the whole life and presence of Jesus.

Drawing from the devotion to the Stations of the Cross, Fr. Manoling observed that Christian spirituality has often emphasized Christ’s suffering. While the Cross remains central, the Church reminds us that salvation unfolds through the entire mystery of Christ—His Incarnation, hidden life in Nazareth, public ministry, Passion, death, and Resurrection. Every moment of Jesus’ life reveals God’s saving presence.

Through the Incarnation, Fr. Manoling stressed that God did not remain distant from humanity. Jesus entered fully into human history—born into a humble family, raised in an ordinary village, and known as the son of a carpenter. By sharing the daily realities of work, relationships, struggles, and uncertainty, Christ showed that God’s grace is present even in the ordinary rhythms of life.

At the heart of the talk, Fr. Manoling shared that the Resurrection of Jesus is the ultimate vindication of love and faithfulness. The Resurrection proclaims that suffering, injustice, and even death do not have the final word. Those who remain faithful to truth and the Gospel—even amid hardship—will ultimately be vindicated by God. In the end, love prevails.

Fr. Manoling illustrated this with familiar examples of quiet faithfulness: parents patiently caring for their children, individuals remaining devoted to loved ones during illness, or workers serving others despite personal everyday struggles. These simple acts of love reveal how God continues to save through presence, service, and enduring compassion. He also cited Onofre Pagsanghan, almost a centenarian, a renowned and revered educator of the Ateneo as a shining example of humble service.

For many from nearby Christ the King Parish Greenmeadows and the thriving transient community

around the mall, the recollection became a meaningful pause amid the busyness of work and daily routines. The reflection resonated deeply with mall employees, professionals, and families who seek to live their faith within the realities of city life.

“Bless our darkness,” Fr. Manoling explained, is a musical prayer asking God to open our eyes—to recognize His presence even in darkness, trials, and ordinary moments. As Lent leads the faithful toward the celebration of the Paschal Mystery, the talk reminded participants that preparation is not only about sacrifice but about learning to see more clearly the God who quietly walks with us each day. In this way, Lent becomes a journey of vision—discovering Christ’s saving presence in both the extraordinary and the everyday. At the end of the talk, and just before capping the morning with the Eucharistic celebration, Fr. Manoling enjoined everyone to sing “Bless our Darkness” with him at the keyboard.

For the congregation’s final reflection, he ended up with a question on how we might become a blessing to others, making Jesus present through our presence, humble service, fidelity and hope.

Congratulations and thanks to Buh Malonzo and Monica Uy of the newly formed pastoral team at the Opus Mall chapel, the liturgical servers and the mall management for a Saturday well spent.



Fr. Manolling shares a light moment with the Opus Team after the talk

SINGLES MIXER: AFTER MASS FELLOWSHIP FOR YOUNG CATHOLIC PROFESSIONALS

By Rissa Kawpeng

What began as a simple idea—that faith-filled friendships can blossom right after Mass—came to life on the evening of February 22, 2026, when the Young Catholic Professionals of Christ the King Parish hosted its first-ever *Après Mass* Singles Mixer at the church garden.

Immediately following the 5:30 PM Mass, single parishioners aged 40 and below were warmly invited to linger a little longer on the church grounds—not for another program, but simply to meet one another. Dozens of young singles answered the call, trading Sunday evening routines for easy conversation, laughter, and the kind of connection that screens and dating apps rarely offer.

The gathering was made possible through the generosity of **Ria Perez**, a parishioner and jeweler behind **Joyería Circle**. A parishioner of CTK, Ria came up with this way to give back to the community she calls home. In the past, she has also co-sponsored the *Kasalang Bayan* at Our Lady of Pentecost Parish in Quezon City.



Participants stayed after Mass for fishballs and kikiam to get to know other parishioners.



Singles engage in lively conversation during the mixer, enjoying a relaxed atmosphere designed to encourage friendship and meaningful connections.



Fr. Dennis Cagantas who presided at the 5:30 p.m. Mass mingled with the singles the first-ever Singles Mixer.

She turned her eye toward supporting single Catholics, providing them a wholesome, Christ-centered space to meet fellow parishioners. She sponsored the evening's food booth, a cheerful street food-inspired spread aptly named "That's Amore," offering kikiam, fish balls, squid balls, hot dogs, and lemonade.

The atmosphere was light and joyful, with the parish garden offering a relaxed, pastoral setting fitting for the occasion. More than a social event, the mixer reflected a vision: that the Church can be a place where single adults don't just come to worship, but also to find community, friendship, and perhaps something more—all with Christ at the center.

The Young Catholic Professionals of CTK hopes to make this a staple in its planned activities for the year. So, watch out for the next *Après Mass*—you just might want to stay a little longer.



Smiles and shared refreshments lent a joyful spirit of community among those who stayed for the short fellowship.



GRATEFUL HEARTS GATHER IN PRAYER

SENIORS AND PWDs FIND A SPIRITUAL HOME IN THE FIRST GRATEFUL HEARTS MASS

By Tessa Mangahas

On the evening of March 6, 2026, the community of Christ the King Parish Greenmeadows witnessed a deeply moving moment of faith and gratitude as the parish celebrated its first-ever “Grateful Hearts Mass,” a special First Friday Eucharistic celebration dedicated to senior citizens and persons with disabilities (PWDs).

More than 300 seniors, together with several PWD members of the parish, filled the church in a gathering that was both prayerful and joyful. For many, it was more than simply attending Mass—it was a moment of recognition, belonging, and spiritual comfort.

The 6:00 p.m. Mass was presided by Fr. Rex Jeba, SDB, whose warm presence and thoughtful homily resonated deeply with the congregation. He reminded the faithful that the elderly are treasured members of the Church and living witnesses of faith whose lives continue to enrich the community.

Throughout the celebration, the atmosphere was filled with reverence and emotion. Several seniors were visibly moved during the rite of blessing and special prayers for the elderly, and being lifted up to the Sacred Heart of Jesus, moments that acknowledged both their struggles, witness and their enduring faith. For some, tears quietly flowed—signs of gratitude for a Church that remembered and prayed for them.

The Prayers of the Faithful were led by Judy Tan, a senior parishioner from Corinthian Gardens, representing the villages served by the parish. Her heartfelt petitions echoed the hopes and concerns of many seniors: prayers for health, strength, peace of mind, and the grace to continue serving God in the later years of life.

Adding to the solemn beauty of the liturgy was the music of the ApLoc Choir, whose carefully chosen hymns created a reflective and uplifting atmosphere that touched many in attendance.

A Mass Born from the Voices of Seniors

The idea for the Grateful Hearts Mass arose from a simple yet sincere request. Many senior members of the parish from the

Sunrise Ministry had long expressed a desire for a special Mass dedicated to their intentions and spiritual needs.

Hearing this clamor from the community, Fr. Arthur “Aytoy” Opiniano responded with pastoral sensitivity. Not only did he agree to the request, but he expanded the initiative to include persons with disabilities, ensuring that the celebration embraced those who often need additional care, encouragement, and prayer.

The result was a monthly First Friday Eucharistic gathering that recognizes the dignity, faith, and continuing role of seniors and PWDs in the life of the parish.

Looking Ahead

The Grateful Hearts Mass will be celebrated every First Friday of the month at 6:00 p.m. offering a regular spiritual gathering for seniors and PWD members of the parish.

However, there will be no celebration in April, as First Friday—April 3—coincides with Good Friday.

The celebration will resume on May 1, the Feast of Saint Joseph the Worker, a fitting day to honor the dignity and lifelong contributions of those who have labored faithfully.

As this new parish initiative begins, the hope is that more seniors and PWD members will come and experience a community that remembers them, values them, and walks with them in faith—assuring all that no one in the Church is ever meant to journey alone.



Fr. Rex Jeba blesses the congregation during the first Grateful Hearts Mass for seniors and PWDs on March 6



Special prayers were offered for the senior and PWD members of the community



Judy Tan from Corinthian Gardens led the Prayers of the Faithful during the Mass

HOLY WEEK 2026

WITH CHRIST THE KING GREENMEADOWS

MARCH
29

PALM SUNDAY
OF THE LORD'S PASSION

Regular Sunday Mass Schedule

6PM (Saturday Vigil Mass)
6AM (Filipino)
7:30AM | 9AM
10:30AM | 12NN
4:15PM (Children's Mass)
5:30PM | 7PM

*Blessing of Palms
at the beginning of each mass.*

**Mass with Blessing of Palms
and Procession to Main Church**
7:30AM

Liturgy begins in the CTK Garden

CONFESSIONS

10-10:30AM
5-5:30PM
6:30-7PM
Main Church
Confessionary

MARCH APRIL
30-01

**HOLY MONDAY
TO
HOLY
WEDNESDAY**

Regular Daily Mass Schedule

7AM | 6PM

Main Church

Kumpisalang Bayan

6:45PM - 9PM
Main Church

APRIL
02

**MAUNDY
THURSDAY**

Chrism Mass

6AM | Lauds
7AM | Mass
Immaculate Conception
Cathedral of Cubao

**Evening Mass
of the Lord's Supper**

Beginning of the Paschal Triduum

5:30PM

Main Church

Vigil at the Altar of Repose

7PM - 12MN

Parking Lot
outside the Divine Mercy Chapel

APRIL
03
**GOOD
FRIDAY**

**Parish Lenten Recollection
with Fr. Dennis Cagantas**

9-11AM
Main Church

Parish Way of the Cross

2PM
Main Church

**Celebration of
the Lord's Passion**
with Veneration of the Cross

3PM
Main Church

**Procession of
the Sto. Entierro**

*After the Celebration of
the Lord's Passion*

CONFESSIONS

9-10AM
Divine Mercy Chapel

APRIL
04

**HOLY
SATURDAY**

**Parish Lenten Recollection
with Fr. Dan Cancino, MI**

9-11AM
Main Church

**Easter Vigil
in the Holy Night**

7:45PM
Main Church

Bring candles for the
Renewal of Baptismal Promises

Traditional Salubong

*After the Easter Vigil
Outside the Main Church*

CONFESSIONS

9-10AM
Divine Mercy Chapel

APRIL
05

EASTER SUNDAY
OF THE LORD'S
RESURRECTION

MASSES OF THE DAY

7:30AM | 9AM
10:30AM | 12NN
4:15PM (Children's Mass)
5:30PM | 7PM

No 6AM Mass.

*All masses will have the
Renewal of Baptismal Promises*

**NO
SCHEDULED
CONFESSIONS**

WHY SHOULD WE ATTEND LENTEN/HOLY WEEK RECOLLECTIONS?

By Tessa Mangahas

1. **Reflect.** Life is full of noise, busyness and distraction. This is a quiet space to examine our lives, ask God where he is calling us to grow and rediscover what truly matters.
2. **Renew.** We rekindle our faith through prayer, reflection and spiritual guidance. We are reminded of God’s mercy and his invitation to return to Him with a sincere heart.
3. **Reconcile.** We are called to repentance and transformation. This is a time for self-examination, reconciliation and openness to God’s grace.
4. **Relate.** When we reflect on the suffering and love of Christ, we appreciate the meaning of His Passion and how it relates to our daily struggles, pains, and acts of love.
5. **Rebuild.** When we attend recollections as a parish community, we strengthen and rebuild bonds. That is because faith is lived not only personally but also communally.

A Lenten / Holy Week recollection is a spiritual reset—a moment to step back, listen to God, and return to the path of grace with renewed faith and purpose.

“Lord, quiet our hearts this Lent so we may hear Your voice. Renew our spirits and lead us closer to You.”

CHRIST THE KING PARISH
GREENMEADOWS

GOOD FRIDAY RECOLLECTION
Before He breathed His last

Fr. Dennis Cagantas
Co-Founder and Chair
Music for the Environment
and National Development

APRIL 3, 2026 FRI 9-11AM CTK MAIN CHURCH

CHRIST THE KING PARISH
GREENMEADOWS

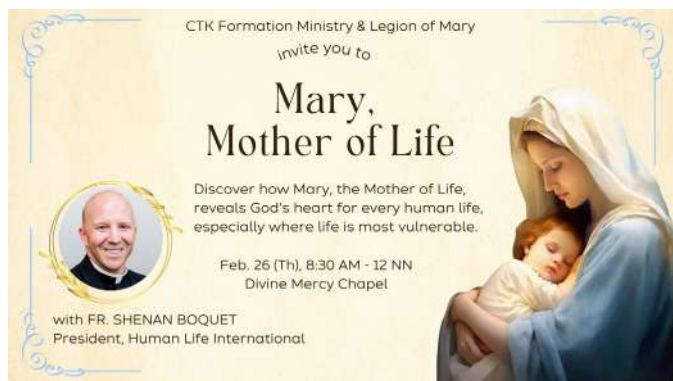
BLACK SATURDAY RECOLLECTION
A PILGRIMAGE INTO DARKNESS

Fr. Dan Cancino MI
Exec Sec-Director
CBCP Commission on Health Care

APRIL 4, 2026 SAT 9-11AM CTK MAIN CHURCH

MARY, MOTHER OF LIFE: A CALL TO DEEPER PRAYER

By Tessa Mangahas



On February 26, 2026, parishioners of Christ the King Parish Greenmeadows gathered at the Divine Mercy Chapel to listen to an inspiring talk titled “Mary, Mother of Life,” delivered by Fr. Shenan Boquet. The gathering invited participants to reflect more deeply on the meaning of prayer, desire, and the lifelong journey of faith.

Fr. Boquet emphasized that perseverance in prayer is more important than immediate answers. Remaining faithful in prayer, even when responses seem delayed, deepens both our desire for God and our trust in Him. Prayer, he explained, is



not about controlling outcomes but about aligning our hearts with God’s will.

He also reflected on how unfulfilled desires can become moments of spiritual purification, guiding us closer to God, who is the true fulfillment of our deepest longings. Silence and reflection, he noted, help us encounter and “possess” God more profoundly in our daily lives.

Fr. Boquet concluded with a powerful question for reflection: What do I truly desire—and does that desire lead me to Christ?



PILGRIM IMAGE OF OUR LADY OF THE MIRACULOUS MEDAL VISITS CTK GREENMEADOWS

By Tessa Mangahas

On January 27, 2026, Christ the King Parish Greenmeadows welcomed the Pilgrim Image of Our Lady of the Miraculous Medal from the San Francisco Bay Area, offering parishioners a special opportunity for prayer and Marian devotion. The visit drew members of the community who gathered to honor the Blessed Mother and entrust their intentions to her loving intercession.

During the Mass, Fr. Mike Cabangisan reflected on the deeper meaning of the Miraculous Medal. He reminded the faithful that the medal is not merely a symbol of devotion but a call to live a life rooted in faith, prayer, and trust in God’s grace. Mary, he emphasized, always leads believers to her Son and invites them to imitate her humility and openness to God’s will.

The visit of the pilgrim image strengthened Marian devotion in the parish, encouraging the faithful to deepen their relationship with Christ through the loving guidance of the Blessed Mother.





BUILDING CHARACTER THROUGH SPORTS: CTK CHAMPIONS YOUTH DEVELOPMENT

By Tessie Moran

Following the highly successful BEC-led Pickleball Tournament during last year's parish fiesta, Christ the King Parish Greenmeadows (CTK) continues to strengthen its commitment to youth formation by encouraging sports and recreational activities that nurture both character and community spirit.

Sports have long been recognized as a powerful tool for shaping the values and discipline of young people. For many parish youth, participating in organized sporting activities provides more than physical exercise—it offers opportunities to learn teamwork, perseverance, leadership, and respect for others. These values mirror the Christian virtues that the parish seeks to cultivate among its young members.

Pope Leo XIV himself believes in the importance of sport in our lives saying, *“The values promoted by sport—such as loyalty, sharing, hospitality, dialogue, and trust in others—are common to every person, regardless of ethnic origin, culture, or religious belief.”*

Building on the enthusiasm generated by last year's successful pickleball tournament organized by the parish Basic Ecclesial Communities (BECs), CTK is once again supporting initiatives that bring the youth together through friendly and meaningful competition. The tournament not only attracted enthusiastic participation from parishioners of different age groups but also fostered camaraderie and strengthened community bonds.

Parish leaders, especially BEC village coordinators like Danny and Tessie Moran, believe that sports can play a vital role

in guiding young people toward positive and healthy lifestyles. Equally important, sports provide a setting where relationships are formed and strengthened. Young participants are encouraged to develop not only their skills but also their sense of responsibility and belonging within the Church community.

By sponsoring and encouraging these sporting events, CTK affirms its mission to form well-rounded young Catholics—individuals who grow in body, mind, and spirit. CTK hopes to inspire the next generation to carry forward the values of teamwork, service, and faith-filled leadership.

Among the objectives that the organizers stated in offering Futsal to CTK parishioners are, *“to connect with young parents and build meaningful friendships through sports for children ages 5–12.”*

continued on page 20...





Christ the King Greenmeadows

BASIC ECCLESIAL COMMUNITIES (BEC)

presents

SUMMER INDOOR FUTSAL CAMP

For Boys & Girls
5–12 Years Old

Runs From
April 21 to May 15

Venue
Greenmeadows Indoor Basketball Court

FREE DEMO SESSIONS ON

MARCH 14 & 21

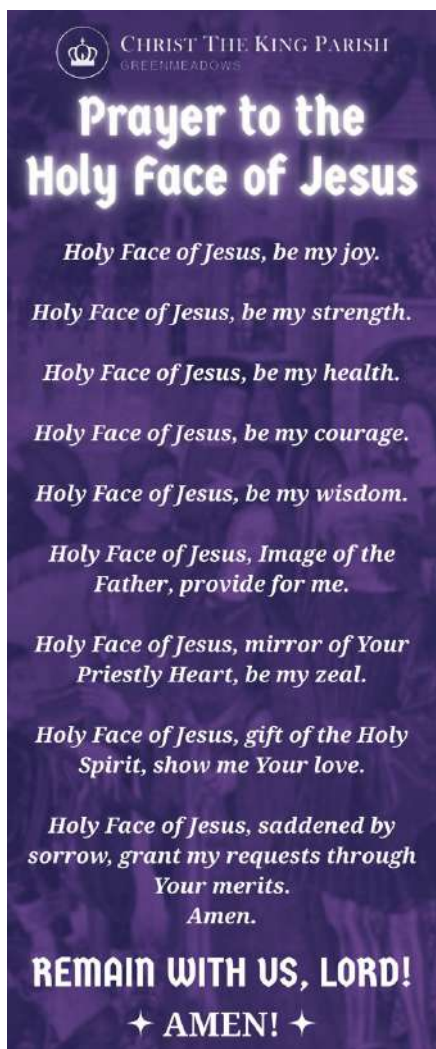
For inquiries & reservation, please contact

☎ 0966-1487798 ✉ summerfutsalcamp2026@gmail.com



ENCOUNTERING MERCY: THE HOLY FACE – THE FACE THAT FORGIVES EXHIBIT AT CHRIST THE KING PARISH GREENMEADOWS

By Tessa Mangahas



From **March 19 to 22, 2026**, the faithful were invited to a profound spiritual encounter through **“The Holy Face: The Face that Forgives”** exhibit at Christ the King Parish Greenmeadows. This special exhibit offers Catholics a unique opportunity to deepen their faith by reflecting on the suffering, mercy, and redeeming love of Christ through sacred relics and devotion to the Holy Face.

At the heart of the exhibit was the contemplation of the replica of the Shroud of Turin, one of the most studied and venerated relics

in Christian history. The shroud bears the mysterious image of a crucified man whose wounds correspond to the Gospel accounts of the Passion of Christ. For many believers, it serves as a powerful reminder of Jesus’ sacrifice and the immeasurable love through which humanity was redeemed.

The exhibit also highlights the importance of sacred relics, which the Church has venerated since the earliest centuries of Christianity. Relics may be parts of a saint’s body or objects associated with them, and they serve as tangible reminders of holy lives lived in fidelity to Christ. From the time of the early martyrs, Christians gathered near their remains to celebrate the Eucharist and draw inspiration from their witness of faith. Among the first and second class relics to be displayed are St. Therese of Lisieux, St. Mary Margaret Alacoque and St. Ignatius of Loyola.

Through these relics, the faithful are reminded that the saints remain spiritually united with the Church. Their lives encourage believers to pursue holiness, perseverance, and deeper trust in God. The Church teaches that relics themselves

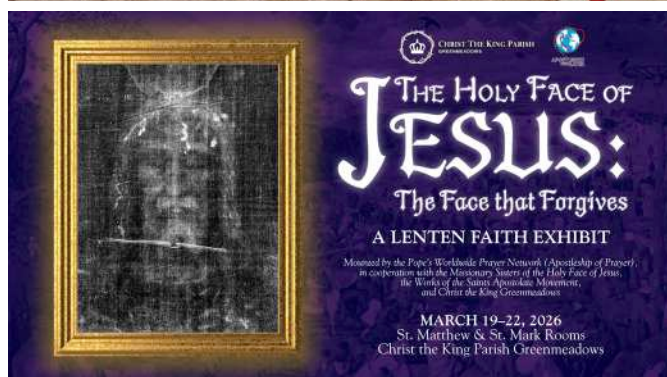
are not objects of worship; rather, they are venerated because they point to God’s grace at work in the lives of His saints.

For many visitors, the exhibit can be a life-changing spiritual experience. Contemplating the Holy Face invites the faithful to encounter the mercy of Christ in a deeply personal way—especially His call to forgiveness, conversion, and renewal. In a world often marked by division and suffering, the wounded yet forgiving face of Jesus becomes a powerful invitation to healing and reconciliation.

By bringing this exhibit to the parish, the Roman Catholic Diocese of Cubao and the community of Christ the King Parish Greenmeadows hope to strengthen devotion, inspire deeper prayer, and help the faithful rediscover the transforming power of Christ’s mercy.

Ultimately, **“The Holy Face: The Face that Forgives”** is more than an exhibit—it is an invitation to encounter Christ, contemplate His sacrifice, and return His gaze with renewed faith and love. The exhibit is mounted in coordination with Christ the King Parish Greenmeadows, Pope’s Worldwide Prayer Network–Apostleship of Prayer (PWPN-AP), Missionary Sisters of the Holy Face of Jesus and the Works of the Saints Apostolate Movement.

“Through these relics, the faithful are reminded that the saints remain spiritually united with the Church.”



WELCOME THE SACRED HEART IN YOUR HOMES!

By Wanda Reyes, *Coordinator, PWPN-AP*

The **Pope’s Worldwide Prayer Network–Apostleship of Prayer (PWPN-AP)** continues to promote one of its cherished spiritual traditions: the Enthronement of the Most Sacred Heart of Jesus in the home.

Recently, a homeowner in White Plains welcomed this devotion by having an image of the Sacred Heart of Jesus enthroned in her residence. The rite, which signifies the recognition of Christ as the center and King of the household, was solemnly celebrated together with the blessing of the home.

The ceremony was officiated by Fr. Aytoy Opiniano, parish priest of Christ the King Parish Greenmeadows, and was joined by members of the PWPN-AP community. Through prayers and blessings, the family entrusted their home and daily life to the loving protection and guidance of the Sacred Heart of Jesus.

The enthronement serves as a reminder that every Christian home is called to be a place of prayer, faith, and charity. By placing the Sacred Heart at the center of family life, households



Members of the PWPN-AP accompanied Fr. Aytoy as he led the enthronement of the Sacred Heart in White Plains



are invited to grow in love, unity, and trust in God’s enduring presence.

So what are you waiting for? Approach any of the PWPN-AP members, especially during First Fridays, or you may request assistance from the parish office.

Sacred Heart of Jesus, we place all our trust in You!

ANSWERING THE CALL OF COMPASSION: PWPN-AP VISITS CRIBS FOUNDATION

By Wanda Reyes, *Coordinator, PWPN-AP*



Responding to the 2026 prayer intention of the Holy Father—“that children suffering from incurable diseases and their families receive the necessary medical care and support, and that families never lose strength and hope”—the **Pope’s Worldwide Prayer Network–Apostleship of Prayer (PWPN-AP)** of Christ the King Parish Greenmeadows recently visited CRIBS Foundation, Inc.

CRIBS Foundation is a respected licensed non-profit institution that provides shelter, care, and rehabilitation for abandoned and surrendered infants, neglected children, and female survivors of sexual abuse aged 7 to 17. While many of these children may not suffer from physical illnesses, many carry deep emotional and psychological wounds that require compassionate care and long-term healing.

“Handed over” or surrendered children are those brought to the foundation with proper documents but whose families can no longer care for them due to poverty or difficult circumstances. Abandoned infants, on the other hand, are often discovered in heartbreaking situations—left in trash bins, toilets, or boxes under bridges. The facility also cares for young survivors of sexual abuse who are referred by local government

units, the Department of Social Welfare and Development, or concerned citizens.

The parish delegation was warmly welcomed by Ms. Fine Ordaniel, director of CRIBS Foundation, who guided them through the facility and shared a presentation on its mission and programs. The visit offered a moving glimpse into the organization’s commitment to protecting and restoring the dignity of vulnerable children.

CRIBS relies heavily on donations from individuals, partners, and benefactors both locally and abroad. While material donations are appreciated, financial assistance is often most helpful in sustaining daily operations, maintaining facilities, and supporting rehabilitation programs.

During the visit, the children joyfully presented song and dance numbers, sharing their talents and gratitude. In a touching gesture, they also prepared simple thank-you cards for the visitors—small tokens that deeply moved everyone present.

The encounter served as a powerful reminder that prayer must lead to action. Through this outreach, PWPN-AP continues to embody Christ’s compassion by accompanying those most in need with prayer, presence, and solidarity.

The encounter served as a powerful reminder that prayer must lead to action.



continued from page 17...

We use indoor football (futsal), where kids have fun while learning teamwork, discipline, and positive social development.”

Fr. Aytoy along with the very supportive parents, grandparents and cheerleaders of kids enjoyed the demo session on Saturday March 14, 2026 at the indoor basketball court of Greenmeadows. The coaches and trainers were also in full attendance to allow the kids to get a feel of futsal. To ensure quality training and close supervision, the program will only accept 30 participants. Registration will only accepted up to April 5, 2026.

As Pope Leo emphasizes, *“sport can truly become a school of life, where all can learn that abundance does not come from victory at any cost, but from sharing, from respecting others and from the joy of walking together.”*

Indeed, on and off the court, the message is clear: the Church is not only a place of worship but also a community that supports the holistic growth of its young people, helping them discover their gifts and channel them toward a life of purpose and service.



Mommies, Lolas, cheerleaders and parish priest accompany the kids as they tried out for futsal camp.



Tessie Moran of Greenmeadows gives a short pep talk before the seasoned futsal coaches start the demo



CHILDREN'S MASS LAUNCHED AT OPUS MALL CHAPEL

From reports of Fr. Aytoy Opiniano

It was a day of joyful “firsts” at the Chapel of the Archangels in Opus Mall. On March 1, the chapel was filled with excitement as children and young parents gathered for the launch of the Children’s Mass and the formation of the chapel’s Children’s Ministry.

Fr. Aytoy shared that the chapel was “overflowing with kids and young parents.” Thirty-two children—some as young as second graders and all regular CotA Mass-goers—signed up to serve in the ministry. With joy, he exclaimed, “We made it! They are all in the ministry!”

The initiative reflects a pastoral effort to be creative and welcoming in engaging the faithful of all ages. As Jesus reminds us: “Let the children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these.” (Matthew 19:14)

Fr. Aytoy warmly thanked “Team Opus,” led by coordinator Buh Malonzo, and the seven children’s ministers “imported” from Christ the King Parish Greenmeadows, who helped launch the program.

The parish community also congratulates Buh Malonzo and Mina Mejia and the rest of Team Opus—Monica Uy,

Ana Ferreira, Ron Malabanan, Elaine Palamos, Judee Bodeo, and Maribeth Inocencio—for their wholehearted support in making the first Children’s Mass at CotA a joyful and inspiring beginning. Don’t look now, but the Children’s Mass, initially planned to be done monthly, may very soon be a regular weekly celebration in the chapel.

Truly, it was a beautiful reminder that the Church grows when children are welcomed, nurtured, and guided closer to Christ.



THOUSANDS GATHER FOR RENEWAL WITH JERRY ORBOS AT OPUS MALL'S CHAPEL OF THE ARCHANGELS

By Buh Malonzo & Monica Uy

As part of its formation initiatives, the Basic Ecclesial Community (BEC) of Opus Mall hosted a powerful Advent recollection on December 6, 2025 at the Chapel of the Archangels (CotA), offering the faithful a meaningful opportunity for prayer, reflection, and spiritual renewal during the Advent and Christmas seasons.

The recollection featured renowned missionary and preacher Fr. Jerry Orbos, SVD, who graciously accepted the invitation extended by CotA BEC Coordinator Buh Malonzo through Assistant Coordinator Monica Uy. Fr. Orbos' presence drew an overwhelming response from the faithful.

As early as 1:00 p.m., participants were already streaming in to secure seats. The crowd eventually grew to the thousands, with attendees coming not only from nearby communities but also from distant areas. Despite the overwhelming turnout, Opus Mall management ensured order and safety throughout the event.

The recollection began at 4:30 p.m., followed by the celebration of the Holy Mass at 6:00 p.m. In his reflection, Fr. Orbos invited the faithful to rediscover the deeper meaning of Advent through the themes of hope, healing, faith, trust, surrender to God, and forgiveness. His message encouraged participants to open their hearts more fully to God's grace and to prepare spiritually for the coming of Christ.

Despite the long hours of ministry and visible fatigue, Fr. Orbos generously spent time with those who approached him for blessings. He also brought with him the relic of St. Ezequiel Moreno, allowing the faithful a special moment of prayer and veneration.

The event was made possible through the dedicated service of the Chapel of the Archangels Worship Team—composed of lectors, commentators, greeters, collectors, choir members,



and lay ministers—whose coordination ensured a smooth and prayerful gathering.

The evening concluded with many participants expressing a renewed sense of faith and hope. The recollection became a powerful witness to the community's deep spiritual hunger and its desire to encounter God more closely during the Advent season.

In line with its mission to build a vibrant faith community, the Chapel of the Archangels also launched Children's Mass led by Christ the King Parish Greenmeadows' Fr. Aytoy Opiniano, to help young parishioners grow in faith and service. Meanwhile, the School of the Word continues every Friday evening, while The Feast gathers the faithful every Saturday for Spirit-filled worship and preaching—ensuring that the flame of faith at CotA continues to grow.

Chapel of the Archangels (Opus Mall) – Pastoral Team

Head Coordinator: **Mabuhay Malonzo**

Asst Head Coordinator: **Monica Uy**

Secretary: **Charlene Punzalan**

Treasurer: **Monet Macaraig**

Ministry Heads

Lectors & Commentators : **Monica Uy**

Extraordinary Ministers of Holy Communion: **Judee Boado**

Choir: **Girly Chavez**

Greeters and Collectors: **Eileen Sison**

Children's: **Ana Ferreira**

Social Services and Development: **Carrie Young & Cecil Fernandez**

Formation: **Dutch & Tata Albert**

Altar Servers: **Judee Boado**

Social Communications: **Elaine Palamos**



Got Team Opus!

APAT NA DEKADA NG KATAPATAN: SA BIYAYA NG DIYOS, PATULUY KAMING MANINILBIHAN

By Jops Padrinao

The Diwanihan Kristiyano Prayer Group (DKPG) is one of the 28 prayer groups of the Pag-ibig sa Diyos Catholic Community (PDCC), a lay Catholic community devoted to deepening faith, strengthening families, and forming servant leaders in the Church.

Founded on February 22, 1986, the name Diwanihan Kristiyano reflects a uniquely Filipino vision of Christian life. “Diwa” speaks of the soul and spirit of being Filipino; “Bayanihan” reflects the spirit of mutual help, generosity, and shared mission; and “Kristiyano” signifies a life rooted in the teachings and example of Christ. Together, these values capture the group’s mission: a community journeying together in faith, service, and love.

On February 24, 2026, DKPG celebrated its 40th anniversary at the Parish Social Hall of Christ the King Parish Greenmeadows, gathering around 115 to 120 members and guests in thanksgiving for four decades of grace and service. The celebration was both a joyful reunion and a moment of reflection on the community’s continuing mission. We were blessed by the presence of CTK Parish Priest Fr. Aytoy Opiniano and Bishop Honesto Ongtioco DD.

For forty years, DKPG has nurtured the spiritual lives of individuals, couples, and families through prayer meetings, teachings, seminars, recollections, and formation gatherings. Many members first encounter the community through the Marriage Encounter Weekend, after which they continue their faith journey within the prayer group.

Today, DKPG holds its regular prayer meetings every Tuesday evening at the Divine Mercy Chapel of Christ the King Parish Greenmeadows, with an average attendance of 50 to 60 members. These weekly gatherings remain the heart of the community—moments of shared prayer, faith formation, and fellowship that sustain members in their daily Christian life.

Guided by the Holy Spirit, the prayer group has helped many rediscover the joy of a personal relationship with Jesus Christ. Seeds of faith planted through its ministries have borne fruit in renewed marriages, restored relationships, and the formation of servant-leaders who now help guide others in their faith journey.

Members often describe the community as a vessel lovingly called “Diwanihang Kristiyano.” The prayer group has sailed through calm seas and storms alike, yet has remained steadfast in its mission of faith and service.

For many families, DKPG has become a spiritual home, where faith is nurtured through fellowship, prayer, and mutual support. As the community celebrates “Apat na Dekada ng Katapatan: Sa Biyaya ng Diyos, Patuloy Kaming Maninilbihan,” it looks to the future with renewed hope and trust in God’s plans.

Anchored in the promise of Philipians 1:6—“He who began a good work in you will bring it to completion until the day of Jesus Christ”—DKPG celebrates this milestone with grateful hearts, confident that by God’s grace, the mission continues and the best is yet to come.

For many families, DKPG has become a spiritual home, where faith is nurtured through fellowship, prayer, and mutual support.



Bishop Honesto Ongtioco opened the celebration with an insightful message.



Members of the Pag-ibig sa Diyos Council of Elders with CTK parish priest Fr. Aytoy Opiniano and Bishop Honesto Ongtioco.



The Padrinao couple, Louie and Jops held the program tightly together.



What’s a celebration without the dancing in the after party?



Cheers to 40 years of service and more!



DKPG Prayer Group Coordinators Angel & Au Sebastian



Cubao Diocesan SoCom coordinators (l-r) Kristine Martillano, Kris Heruela, Fr. Herbie Santos and Leahna Villajos award resource speaker, photo journalist Jun Aranez a certificate of appreciation.

CAPTURING FAITH IN FOCUS: PARISH COMMUNICATORS LEARN THE ART OF PHOTOGRAPHY

By Ella Yeh

On February 21, 2026, the Social Communication Vicariates of Our Lady of Perpetual Help Parish and St. Joseph Parish conducted a workshop on the basics of photography, aimed at strengthening the visual storytelling skills of parish communicators.

The session was facilitated by veteran photojournalist Jun Aranez of the Manila Bulletin, who shared practical insights drawn from years of experience in the field. The workshop began with an interactive discussion as Aranez gauged participants' familiarity with cameras and photography fundamentals, ensuring that the learning pace remained clear and accessible to everyone.

The first part of the workshop focused on understanding the camera body and its components, particularly the role of sensors and how their sizes influence image quality. Aranez also explained the functions of different lenses, noting that prime lenses are often preferred for portraits because they produce a pleasing blurred background, while kit lenses can achieve a similar effect but with limitations.

The discussion then shifted to camera settings, where participants learned the importance of balancing ISO, aperture,

and shutter speed to achieve the desired exposure and clarity. Aranez emphasized that while slower shutter speeds can produce brighter images, they may also cause motion blur—highlighting the need for careful adjustment of settings depending on the situation.

After the lunch break, the workshop continued with a session on composition, focusing on the widely used rule of thirds. Aranez explained how this simple guideline, available as a grid feature in most cameras, helps photographers frame subjects more effectively and create visually balanced images.

Although time did not permit a full hands-on practice session, participants were given an assignment: to capture meaningful moments within the church using the principles learned during the workshop.

The event concluded with the presentation of a certificate of appreciation to Aranez, followed by closing remarks and a blessing from Fr. Herbie Santos, marking a fruitful learning experience for parish communicators committed to sharing the life and mission of the Church through compelling images.

WHAT'S HAPPENING IN LIBIS

By Jeannie Irinco



Fiesta Fellowship in Libis



Libis community continues to thrive



Planning with Fr. Aytoy



Planning session in CTK with Fr. Aytoy



Prayer and work to strengthen community bonds



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CHRIST THE KING PARISH
GREENMEADOWS

IS A STEWARDSHIP PARISH

HERE ARE WAYS TO SHOW THANKFUL GIVING



Christ the King Parish

242-002031-2

Casa de Silencio



Christ the King Parish

089-330000-16-2

Parish Operations/Church Maintenance

SCHEDULE OF PUBLIC MASSES

WEEKDAY MASSES

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

SUNDAY MASSES

Sat (Anticipated Mass) 6PM
 Sun 6AM
 7:30AM LIVE
 9AM
 10:30AM
 12NN
 4:15 PM CHILDREN'S MASS
 5:30PM
 7PM

PARISH OFFICE

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

PARISH OFFICE PHONE NUMBERS

8633-0280
 8638-4838
 8687-1909