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THE HERALD

Christ the King Parish
Greenmeadows

Apr - Jun 2026



Father's Heart Today

Gen C: Generation for Christ

By Fr. Aytoy Opiniano, Parish Priest

St. Augustine once said, **"You have made us for Yourself, O Lord, and our hearts are restless until they rest in You."** This restlessness is felt even in our hyper-connected age. We are connected by devices but sometimes disconnected in spirit.

The challenge before us is not merely to become a generation that is digitally connected, but a generation that is spiritually connected. This is why our CTK parish embraces the vision of becoming Gen C – Generation for Christ.

Generation for Christ is not defined by age. It is not limited to children, youth,

adults, or seniors. It is a community of believers who choose Christ as the center of their lives and allow Him to shape their relationships, priorities, and mission. As St. Paul reminds us, **"In Him we live and move and have our being"** (Acts 17:28).

At Christ the King Parish, we believe this vision can be lived through three simple pillars: Connect, Care, and Commit.

Connect

Our faith begins with a relationship. Before we belong to organizations, ministries, or groups, we belong to Christ. He calls us by name and invites us into communion with Him and with one another.

Jesus assures us: **"I have called you by name; you are mine"** (Isaiah 43:1). This is the foundation of all true connection, being known and loved by God.

In today's world, many people experience loneliness despite having hundreds of online contacts. Some sit beside us at Mass carrying silent burdens. Others long

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CONNECT. CARE. COMMIT.



We are living in a digital world. Every day, technology helps us communicate instantly, access information effortlessly, and connect with people across continents. With a simple click, we can send messages, share photos, and participate in events happening on the other side of the world.

And yet, there is a silent paradox of our time.

Ironically, while we are more connected than ever, many of us have become more disconnected from what truly matters. The digital world has gradually become mechanical. We often find ourselves scrolling endlessly, rushing from one task to another, and filling every quiet moment with noise. In the process, we have less time for God, less time for our families, and less time for one another.

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to belong but do not know where to begin.

Pope Francis once said, "The Church must be a place of mercy freely given, where everyone can feel welcomed, loved, forgiven, and encouraged to live the good life of the Gospel."

As a parish family, we are called to build genuine relationships that go beyond greetings and handshakes. We must create spaces where every person feels welcomed, valued, and accepted. Children, youth, young professionals, parents, grandparents, and senior citizens all have a place in the heart of our CTK parish.

A Generation for Christ parish is one where strangers become friends, friends become companions in faith, and companions become brothers and sisters in Christ.

As Scripture reminds us: "How good and how pleasant it is when brothers and sisters dwell together in unity" (Psalm 133:1).

Care

Jesus never passed by people without noticing their needs. He cared for the sick, comforted the grieving, welcomed the excluded, and gave hope to the discouraged.

The Gospel tells us clearly: **"Whatever you did for one of the least of these brothers and sisters of mine, you did for Me"** (Matthew 25:40).

St. Teresa of Calcutta once said, **"Not all of us can do great things. But we can do small things with great love."**

The same spirit must animate our CTK parish community. To care is more than just offering assistance. It is choosing to be present. It is listening without judgment. It is praying for one another. It is reaching out to those who are hurting, forgotten, or struggling.

Many people today are carrying invisible wounds like stress, anxiety, loneliness, depressions, family problems, financial difficulties, or spiritual emptiness. Sometimes the greatest gift we can offer is not a solution but a compassionate presence.

When parishioners care for one another, the Church becomes more than a place we visit on Sundays. It becomes a home where people encounter the love and mercy of Christ.

As St. John reminds us: **"Let us love, not in word or speech, but in truth and action"** (1 John 3:18).

Commit

A thriving parish is built not only by those who attend but by those who participate. Faith grows when it is lived, shared, and put into action.

Jesus Himself calls us: **"Follow Me, and I will make you fishers of men"** (Matthew 4:19). Following Christ is not passive; it is a daily commitment.



St. John Bosco, often reminded his young people: **"It is not enough to love the young; they must know they are loved."** Love becomes real when it is expressed in service.

Commitment

means moving from being spectators to becoming disciples. It means offering our time, talents, and treasures for the mission of the Church. It means saying "yes" when God calls us to serve.

Every ministry, organization, outreach program, and Stewardship program becomes an opportunity to build God's Kingdom. No contribution is too small when it is offered with love.

The future of our CTK parish does not depend on a few dedicated individuals alone. It depends on all of us embracing our responsibility as members of the Body of Christ.

As St. Paul teaches: **"You are the Body of Christ, and individually members of it"** (1 Corinthians 12:27).

Becoming a Generation for Christ

The world offers many labels for generations like Baby Boomers, Generation X, Millennials, Generation Z, and Generation Alpha. While these labels describe age groups, our Christian identity goes much deeper.

At Christ the King Parish, we are invited to become something greater: Generation Christ.

A generation that chooses prayer over indifference.

A generation that chooses presence over isolation.

A generation that chooses service over selfishness.

A generation that chooses Christ over everything else.

As St. Catherine of Siena said: **"Be who God meant you to be, and you will set the world on fire."**

May our CTK parish continue to grow as a community that Connects, Cares, and Commits. In doing so, we will not only build a stronger parish; we will become living witnesses of Christ's love in a world that desperately longs for authentic relationships, genuine compassion, and enduring hope.

Let us be Gen C: A Generation for Christ. "Let your light shine before others, so that they may see your good works and glorify your Father in heaven" (Matthew 5:16).

The official launch of Generation for Christ (Gen C)

is set for Sunday, July 19, 2026. The launch Mass is at 10:30 a.m., Main Church.

Join us!

WE WANT YOU to be Gen C!

ALL ARE WELCOME!

Check out our FB page and flyers to know more about Gen C.



THE GREAT UNKNOWN: The Forgotten Person of the Holy Trinity

MAY 28, 2026

By Elaine Palamos

There is something quietly humbling about realizing you know someone, but not nearly as well as you thought.

That, more or less, is what Fr. Jaime Achacoso, JCD, suggested on May 28 at the Divine Mercy Chapel, where a room full of faithful gathered to spend an evening thinking more carefully about the Holy Spirit, not as strangers meeting for the first time, but as people who had perhaps been settling for a passing acquaintance when a deeper friendship was always on offer.

We know the Father. We know the Son. We have spent lifetimes with their stories, their names, their faces in prayer. The Spirit, though? We mention the Spirit in every Creed, every blessing, every Sign of the Cross. We know the Spirit is there. We just haven't always stopped long enough to ask who, exactly, the Spirit is.

Fr. Jim thought it was time we did.

He took us back to the very beginning: to Genesis, to that extraordinary image of the Spirit hovering over the dark, formless waters before anything existed at all. The Hebrew word is ruah. Breath. Wind. Spirit. It is the same word for the force God pressed into the nostrils of the first human being, the force that made dust into someone capable of love. That is where the story starts, he reminded us. With breath. With the Spirit already present, already working, already hovering.

And the Spirit never really left. The Spirit anointed David. Spoke through the prophets. Overshadowed Mary. Descended at the Jordan like a dove. Was breathed by the Risen Christ onto frightened men hiding behind locked doors. Fell like fire at Pentecost and turned those same frightened men into people who could not stop talking.

St. Augustine, Fr. Achacoso told us, described the Holy Spirit as the mutual love of the Father and the Son, a love so complete, so alive, so inexhaustibly personal that it is a Person. Not a feeling. Not an atmosphere. Not a vague spiritual warmth. A Person who knows, wills, and loves.

Which means the Spirit can be overlooked. And too often is.

Fr. Achacoso ended simply. We are called, he said, to pay attention. To be sensitive to the Spirit's movements, the

way you'd lean in to hear someone who speaks very quietly but always tells the truth.

We have always known the Spirit was there. Perhaps now it is time to know the Spirit better. 🙏



Fr. Jim Achacoso told the CTK congregation that St. Augustine described the Holy Spirit as the mutual love of the Father and the Son, a love so complete, so alive, so inexhaustibly personal that it is a Person.



BLESSING OF THE OIL FROM ST. SHARBEL MAKHLOUF | April 23, 2026

By Tessa Mangahas

The devotion to the oil of Saint Sharbel Makhlof is rooted in the Church's long tradition of sacramentals—simple, tangible signs that help dispose the faithful to receive God's grace more deeply. When the oil is blessed in honor of St. Sharbel, it becomes a powerful aid for prayer, especially for those seeking healing and spiritual strength.

What is the meaning of the blessed oil?

The oil associated with St. Sharbel recalls the biblical use of oil as a sign of God's healing and consecration. In Scripture, oil is used to anoint the sick, strengthen the weak, and set apart persons for God's purpose. In this devotion, the oil becomes a reminder that God's healing mercy is not distant, but present and active—often working quietly, just as St. Sharbel lived his hidden life of prayer.

Its spiritual significance

The blessing of the oil does not make it “magical.” Rather, it is a sacramental—a means through which the Church invites God's grace upon those who use it with faith. Through the intercession of St. Sharbel, the faithful are encouraged to:

- * Trust in God's will, whether in healing or in carrying one's cross
- * Grow in repentance, humility, and deeper prayer
- * Unite their suffering with Christ

These graces often come quietly, deep within the soul, even before any outward healing is seen.

Healing and the intercession of St. Sharbel

St. Sharbel is widely known for miraculous healings attributed to his intercession. The Church, however, reminds us that the greatest healing is always spiritual—restoration of our relationship with God. Physical healing, when granted, is a sign pointing to this deeper grace.

When the oil is applied—often on the forehead or the part of the body in pain—the faithful are encouraged to pray with trust, for example:

“Through the intercession of St. Sharbel, Lord, heal me according to Your will, and grant me the grace to love and trust You more.” 🙏



The oil points not to itself, but to God—the true source of all healing.



Graces received through devotion



Many devotees testify to spiritual and even physical graces when using the blessed oil with sincere prayer:

- * Inner peace and consolation in times of anxiety or suffering
- * Strength in illness, especially for those enduring long-term conditions
- * Renewed faith and closeness to God
- * Conversion of heart, turning back to prayer and the sacraments



THE FEAST OF THE SACRED HEART OF JESUS: A Loving Homecoming

June 12, 2026

By Wanda Reyes

The Sacred Heart devotion—so close to each one of our hearts as Filipinos, rooted in Scripture and expressed in beloved prayers—long comforting homes, schools, and parishes nationwide. Christ the King Parish Greenmeadows—a haven of families gathering to honor the loving Heart of Jesus.

A moving moment was the commissioning of new members: Mae Heredia, Marissa de Villa, Vere Laxamana, SanSan Hortaleza, and Josie Retirado. Standing before the community, consecrating themselves to the service of the Sacred Heart—promising to serve others, witnessing Christ's mercy, and offering small sacrifices with great love. Their "yes", feeling like fresh grace for our parish, reminding us that devotion becomes alive when it reaches out to feed, comfort, and uplift.

A cherished Holy Hour dedicated to the sanctification of priests, led by Fr. Rex Jeba, commencing in reverent silence and heartfelt petitions, we rested in Jesus' presence—His Heart—a refuge for every weary soul. That stillness prepared us for the joyful celebration that lay ahead.

The highlight of the Solemn Mass celebrated by Fr. Rex Jeba, with Fr. Mike Cabangisan, Fr. Bryand Restituo, and Fr. Jepoy Catilogo as co-celebrants, with our choir singing "No más amor que el Tuyo" in Tagalog, complete with visuals, depicting love for Christ and love for country—a hymn tenderly addressing the Sacred Heart, bringing back deep moving memories into our hearts. Each refrain was a personal prayer: a promise to love, a plea for mercy, and an offering of our lives. Witnessing in those moments, one voice, all drawing near and into the Heart that loves us first.

Followed by the faithful's coming forward to receive Sacred Heart scapulars—instilling small signs of silent consecration and a daily reminder to keep Christ at the center of our hearts and homes.

Culminating with a sumptuous dinner in the second-



floor parish function room, generously provided by our dear member, EC. Laughter and fellowship ensuing, reminding us that devotion moves us outward into deep friendship and blissful joy.

May the warmth of this feast remain with us: to be merciful where there is hurt, patient where there is strain, generous where there is need. Let the Sacred Heart guide our words and actions and keep our parish to be a welcoming home where Christ's love is shared abundantly. 🙏



The Solemn Mass during the Sacred Feast was celebrated by Fr. Rex Jeba, with Fr. Mike Cabangisan, Fr. Bryand Restituo, and Fr. Jepoy Catilogo as co-celebrants.



BLOODLETTING DRIVE AT CHRIST THE KING PARISH GREENMEADOWS

June 14, 2026

By Manny de Leon

It was a Sunday morning truly spent in service to others.

The Social Service and Development Ministry of Christ the King Parish Greenmeadows, led by the Knights of Columbus and ably supported by the Ladies of Charity and dedicated parish volunteers, successfully conducted a bloodletting drive that brought together parishioners from all walks of life for a life-saving cause.

A total of 32 carefully screened donors generously rolled up their sleeves and donated 32 bags of blood, equivalent to 16,000 milliliters. The donors included professionals, young adults, families, and even young couples who answered the call to share the gift of life.

This collective act of generosity will benefit an estimated 96 individuals, providing hope and healing to patients in need and potentially saving many lives.

The event was a beautiful reminder that compassion can take many forms. As the saying goes, “Not all heroes wear capes; some simply roll up their sleeves.” On this day, our parish community proved just that.

Congratulations to the Knights of Columbus for spearheading this meaningful initiative, and heartfelt thanks to the Ladies of Charity for their unwavering support—including the delicious sandwiches that helped nourish our donors and volunteers throughout the morning.

May this spirit of service continue to inspire more parishioners to become instruments of God’s love and care for others. 🙏



THE HERALD 2026



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FORMATION OF PARENTS | April 11, 2026

By Elaine Palamos

The Formation Talk for the Parents of the Children's Ministry held last Saturday, April 11 at CTK was a meaningful reminder that the formation of our children's faith begins at home. Parents are not just supporters of the Children's Ministry—they are its foundation. The way faith is lived, shared, and witnessed in the family becomes the first and most lasting catechism our children will ever receive.

The first part of the session, beautifully facilitated by CTK Children's Ministry Leads Mina and Sonny Mejia, was both inspiring and deeply moving. Parents were invited to reflect on simple but profound questions: Why are we here? and What will last beyond a lifetime? A touching story was shared about parents whose children, formed in faith, eventually chose to serve and volunteer themselves—a powerful testament to how seeds planted at home can bear fruit for years to come.

The second part of the session facilitated by Ms. Ana Ferreria, Children's Ministry lead of the Chapel of the Archangels in Opus Mall, focused on the practical aspects of serving in the ministry—communication, coordination, and guidelines such as dress code and responsibilities. These help ensure that everything we do is done with order, unity, and reverence, always keeping the children's spiritual growth at the center.

Ron Malabanan, one of our Children's ministry volunteers, also shared practical ways parents can help

their children prepare to serve at Mass—understanding the scripture, pronunciation, speaking with reverence, having meaningful conversations with children, simple but meaningful habits that form reverence, responsibility, and love for the Eucharist even at a young age.

Grateful for all the parents who said “yes” today. Your role is vital, and your witness matters. In forming your children, you are also helping build the Church.



Ron Malabanan also shared practical ways parents can help their children prepare to serve at Mass.



Ana Ferreria, Children's Ministry lead of the Chapel of the Archangels in Opus Mall, focused on the practical aspects of serving in the ministry.



Children's Ministry lead, Mina Mejia stressed the vital role of parents in forming lasting catechism for children.





WITH MARY, WE JOURNEY: Buklod ng Panginoon Finds Grace in the Detours | May 13, 2026

By Tiny Perfecto

PANSOL, CALAMBA — Guided by faith and a renewed sense of purpose, the **Buklod ng Panginoon** community of St. Ignatius Village embarked on a deeply meaningful Marian Pilgrimage and Fellowship to Pansol on May 13, the Feast of Our Lady of Fatima.

The Humbling of the Manger

This year's journey proved to be unlike any past activity, filled with literal twists and turns just to locate our first stop: **Mary Help of Christians Parish Church**. Upon arrival, the church wasn't what everyone originally expected. In deeper reflection, the modest structure became an experience reminiscent of the humbling of the manger. It served as a stark reminder to the pilgrims that while humans make plans, God speaks through unexpected events. With that, the group prayed the Holy Rosary, meditatively offering up the **Glorious Mysteries**.

Spiritual Food and Fellowship

The journey continued to a Pansol resort for the formation and fellowship segment of the day. While the venue featured air-conditioned rooms, the specific open area designated for the formation talk and the boodle *fight lunch* was completely non-airconditioned.

Yet, despite the intense, heavy summer heat, the members and newly invited neighbors embraced the physical discomfort with pure joy. Coincidentally, "Joy"

was also the name of the guest speaker—Joy Schallenberg, a fellow St. Ignatius neighbor and dedicated member of CTK Parish Catechetical Ministry.

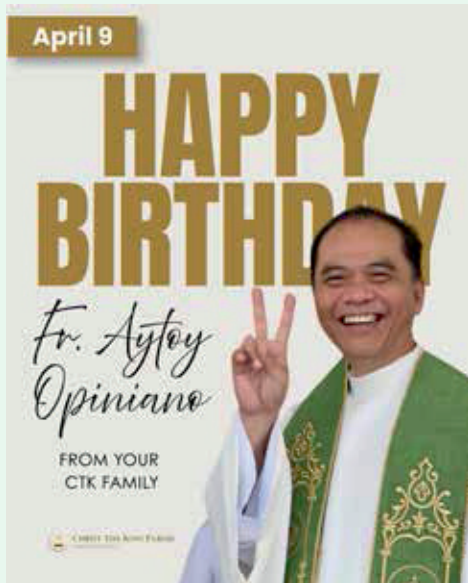
Everyone sat down to listen closely as she introduced her talk, "**Mary's Role in Salvation History**." While some elders initially worried the theological topic might turn into a dense, academic lecture, Joy immediately captured the room. Every word spoken was deeply "well chewed" and easily digested by the audience. She masterfully connected the group's real-time physical experiences—the oppressive heat, the stressful travel detours, and everyday personal struggles—directly to the journey of the Blessed Mother. She beautifully illustrated how, much like the changing mysteries of the Rosary, the joyful, sorrowful, luminous, and glorious moments of our daily lives are constantly being transformed into intimate, personal encounters with Jesus Christ.

Molded Into a Bond of Disciples

Following the spiritual nourishment, the community gathered tightly around the tables to partake in a simple, sumptuous boodle fight lunch. Once the meal was finished, the participants finally retreated into the cool, air-conditioned rooms to cool down and play a series of highly energetic, fun games prepared entirely by one of the guest participants.

The original itinerary called for a refreshing swim in the pool to end the day. However, in the spirit of the day's theme, plans shifted unexpectedly once more. On a sudden, unanimous impulse, the group decided to skip the pool and instead visit a famous local pottery artist nearby.

Looking back at the clay pieces on display, the change in plans felt like a final, providential grace. It became a beautiful living reflection of how the community is continuously being hand-molded with unconditional love—shaped, prepared, and bound together to truly become a **BOND of disciples of Christ**—the living definition of **Buklod ng Panginoon**. 🙏



CTK'S 2ND PICKLEBALL FRIENDSHIP MEET

June 20, 2026 By Nadine Navarro

The 2nd CTK Pickleball Friendship Meet, held last June 20, 2026 at the GM basketball court, brought together parishioners and local sports enthusiasts at the Christ the King Parish community. Spearheaded by the Basic Ecclesial Communities (BEC) and parish priest Fr. Aytoy Opiniano, the tournament celebrated community fitness, unity, and friendly competition.

As we foster camaraderie, wellness, and stronger ties among parishioners through the rapidly growing sport of pickleball, the meet saw an enthusiastic turnout of players ranging from beginners to intermediate, all participating in a series of round-robin matches. Rather than focusing strictly on elite competition, the event emphasized the friendship aspect of the sport, bringing together residents from different Villages.

Following opening remarks and a morning blessing, participants took to the courts for spirited doubles play, demonstrating strong sportsmanship and wrapping up with an awarding ceremony recognizing the day's gratitude from the champions and participants.

Taking from this Meet's Champions, SIV:
"Terence Limon (St. Ignatius Village)



On behalf of the entire SIV Pickleball Club family, thank you to the CTK Organizing Committee for a well-organized and successful tournament.

We appreciate all the hard work and effort that went into making this event possible. It was a great day of competition, sportsmanship, and friendship

among our village communities.(smiley)

We would also like to thank all the neighboring village clubs who participated and competed with such great spirit and camaraderie. It was a privilege to share the courts with all of you.

Congratulations to everyone, and we look forward to the next Friendship Meet!! 🏆



Christ The King Parish — Greenmeadows

WHEN HE BREATHED HIS LAST: A Journey from the Threshold of Suffering to the Silence of Entrustment | April 3, 2026

By Elaine Palamos

On Good Friday at Christ the King Parish, we were led by Fr. Dennis Cagantas into a journey titled “When He Breathed His Last”—a path that gently stripped away comfort and brought us to the foot of the Cross, not as distant observers, but as participants in the brokenness of the world.

We began at the threshold: that fragile space where our image of a distant, untouchable God gives way to the sight of a man in agony. Not a symbol. Not an abstraction. A man who suffers—and chooses to remain. There are no miracles here, only vulnerability. And yet, in that vulnerability, a deeper revelation emerges: not power, but entrustment. A love that refuses to abandon.

We were then confronted with the “remainders” of society, those quietly deemed expendable for the sake of order and comfort. Fr. Dennis named what we often avoid admitting: systems of exclusion that allow some lives to be pushed aside so others can function undisturbed. The Cross exposes this illusion of “peace through control,” revealing instead how easily truth is silenced when it becomes inconvenient.

But the hardest realization was this: the logic of the Cross is not only external. It also lives within us. Our fears of abandonment, our need for control, our subtle ways of protecting ourselves often lead us to participate in systems that wound others. In small compromises or large ones, we can become part of what we condemn.

Yet we were not left in accusation. We were led into weeping. The tears of those who suffer unseen. The grief of mothers, the loneliness of the forgotten, the quiet shame we



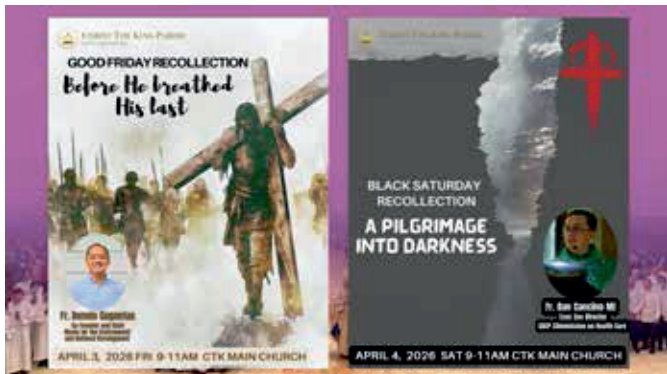
carry within ourselves. This is not despair, it is truth. And only by remaining in it do we begin to see clearly and love more honestly.

At the center of it all was the final breath: “Father, into Your hands I commend my spirit.” Not resignation, but perfect entrustment. When everything is stripped away—control, certainty, even life itself—what remains is relationship. A trust so deep that even death cannot undo it.

We ended in silence, but not emptiness. A silence filled with faces, memories, wounds, and an unexpected assurance: even here, Love remains.

Faith, we realized, does not begin where everything makes sense. It begins where we stop running from what does not, and allow ourselves to be held.

Recollection facilitated by Fr. Dennis Cagantas | Good Friday | Christ the King Parish, Greenmeadows 🙏



GOD GOES INTO THE DARK: A reflection on Fr. Dan Cancio's recollection, "A Pilgrimage into Darkness" | April 4, 2026

By Elaine Palamos

Nobody wants to stay on Black Saturday. We fill the day with small distractions so we don't have to face the larger silence. At Christ the King Parish, Fr. Dan Cancio began simply: Stay. Do not escape. His aim was not to comfort but to disturb, not by headlines or hardship, but by the Lord Himself.

He opened with a prayer: "Disturb us, Lord, when our dreams have come true because we have dreamed too little. Steer us to dare boldly, where losing sight of land, we shall find the stars." We usually choose the safest path. We sometimes call it being practical. God, it seems, calls it fear.

In the Gospels, Holy Saturday is almost empty. Mark is silent. John is silent. Luke gives only a line. Matthew shows anxious authorities sealing a tomb. Of the disciples, of Mary, of those who loved Jesus, nothing. Fr. Dan said the Gospels are not failing to describe events; they are describing something deeper: the presence of God in what feels like absence.

Holy Saturday is the most modern of days, when faith feels eclipsed, not destroyed. Not failure, but suspension. And in those sealed-tomb moments of our own lives, the temptation is always to run. Fr. Dan insisted: "Do not escape. Stay."

We recite the Creed so quickly it loses weight: "was crucified, died, and was buried. He descended to the dead." Not near it. Not above it. Into it. Christ enters every depth of abandonment and opens it from within. There is no darkness we fall into that He has not already entered. He is not waiting at the exit; He is already inside.

Then came a question: anyone who had seriously thought of suicide was asked to stand. People stood. Others stood with them, arms around shoulders, no instructions



needed. The Church simply became what it is meant to be, no one alone in the dark.

Our hardest questions are not failures of faith; they are honest prayer. Where is my tomb? What feels sealed? What small act of love can I still make here?

When it ended, no one rushed out. The curtain stayed down. The Vigil was still ahead. But something had already shifted. We stayed in Holy Saturday, not as emptiness, but as the hidden place where God is still at work.

Stay, Fr. Dan said. Do not escape. Even at the edge of breath, God finds a way home. 🙏



Christ The King Parish — Greenmeadows

CWL UNIT OF CTKGM VISITS THE ELDERLY | March 26, 2026

By Nadine Navarro

The Catholic Women's League of the CTKGM visited the 577 elderly currently staying at the Lualhati ng Maynila today conducted its mission to extend assistance to abandoned elderly residents and who actively focuses on care for the abandoned, sick, and indigent, often aligning with their motto of "Charity, Work, and Loyalty".

Despite the limited budget, donations from CTKGM include cleaning solutions and materials, diapers/ pads and cookies for the elderly. CWL members donated additional cleaning solutions, and materials and sacks to augment the elderly needs.

This initiative is only one of its many initiatives and explores partnerships with organizations to provide holistic care for senior citizens and those that needed the care most.

CWL members aim to give value and dignity to elderly members of the community.

One of the institution's long-time resident, Lolo Rolando Lapuz was very glad to see CWL again. He does not remember names but he remembers the organization that even for a moment helped him to make his life easier.

The CWL continues to prioritize the elderly as part of its mandated community outreach and evangelization mission. 🙏



CTKGM'S CWL HOLDS KASAMBAHAY AND DRIVERS' RECOLLECTION | March 31, 2026

By Nadine Navarro

The Catholic Women's League (CWL) of Christ the King Parish Greenmeadows successfully conducted its 2026 Kasambahay and Drivers' Recollection on March 31 at the St. Matthew and St. Mark Rooms.

Seventy-five participants gathered for a day of prayer and reflection led by Fr. Edrylle Dayrit, Parish Priest of San Roque in Bagumbayan. The recollection encouraged attendees to deepen their understanding of themselves, reflect on life experiences, and discern ways to improve their actions and relationships.

Organized annually by the CWL, the activity aims to promote self-awareness, personal growth, and spiritual enrichment among kasambahays and drivers in the parish.

One participant, Ms. Marcel Letigio of White Plains, shared that the recollection reminded her to be honest in her work, "maging tapat sa trabaho", respectful to her employers and co-workers, diligent in her responsibilities, and mindful of speaking kindly and acting with care. She also expressed her desire to share these lessons with her children so they may grow in their love of God.

The CWL expressed gratitude to TGP, NutriAsia, Councilor Chuckie Antonio, and Don de Leon for their continued support in helping make the recollection possible and in contributing to the formation of responsible and faith-filled members of the community. 🙏





IHM LEGION OF MARY WALKS THRU “VIA LUCIS”: Celebrating Easter Joy and Preparing for Battle | April 9, 2026

By Bernie Bagaman, Maan del Rosario, and Cynthia de Dios

“The Legion of Mary! What a perfectly chosen name!” -- Pope Pius XI

In 1921, a lay Irishman named Frank Duff, with several Catholic women, formed an “army” that, under the leadership of the Virgin Mary, would serve her in the Church’s war against “the world and its evil powers.” That army was the Legion of Mary (LOM).

The Legion expanded worldwide, forming various praesidia, or basic communities that met weekly for prayer, reporting, and assigning apostolic work.

One such presidium, the LOM Immaculate Heart of Mary (IHM) based in Christ the King-Greenmeadows, gathered last April 9 for a whole-day Via Lucis (Way of the Light) pilgrimage covering 14 stations in seven churches across Mega Manila.

Designed to strengthen the IHM’s communal bond, the Via Lucis pilgrimage proved to be a beautiful blend of devotion and fellowship. Among the churches visited were St. Benedict in Ayala Westgrove, Cavite, five churches in Tagaytay (Holy Spirit Chapel, Our Lady of the Poor, Pink

Sisters Convent, Our Lady of Lourdes, and Little Souls Sisters Convent), and the Our Lady of the Miraculous Medal National Shrine in Muntinlupa. They also visited Sister Marissa’s Tagaytay Farmhouse.

The “Lucis” path wasn’t always smooth. Due to traffic, the pilgrims visited St. Benedict instead of Ina ng Laging Saklolo. At the Pink Sisters, the pilgrims had to observe silence, so they prayed the 7th and 8th stations silently. The legionaries changed course because another site was closed and visited the Miraculous Medal Shrine for their last visit.

Reflecting on the final stop, Sister Maan believed “Mama Mary had a hand in the timing, guiding our path so we could visit her instead at the beautiful National Shrine.”

“It was as if somebody up there was guiding us and like clockwork, everything fell into place,” Sister Cynthia said. “Thanks be to God!”

And so, guided by Christ’s light and Mary’s help, the LOM IHM soldiers on! 🙏



THE SWEET SCENT OF ROSES

By Mae Heredia

During the Marian Month of May, the sweet fragrance of roses filled our chapel as we gathered to honor the Blessed Virgin Mary. The celebration reminded us of Mary's loving presence in our lives and invited us to draw closer to her Son, Jesus Christ.

The highlight of the gathering was the crowning of Mary by children dressed in white, a beautiful symbol of purity, love, and devotion. Their joyful offering reflected the childlike faith that Mary herself teaches us. As they placed flowers before her image, we were reminded of her enduring message: "Can a mother forget her child? Even if she may forget, I will never forget you."

Our Junior Legion of Mary led the celebration with deep reverence. Through prayers, songs, and reflections, they helped the community honor Mary as our spiritual mother and faithful companion in the journey of faith.

A moving moment came with the recitation of the Litany of Loreto, followed by the offering of roses. Parishioners young and old brought flowers to Our Lady as signs of gratitude, trust, and love. Each rose symbolized a prayer lifted to heaven and a heart entrusted to Mary's care.

The celebration concluded with a special blessing from Fr. Joseph Roel Bacani. Parishioners then came forward

to receive Marian images and prayerfully entrust their intentions to the Blessed Mother.

More than a tradition, the Flores de Mayo celebration was a reminder that Mary continues to guide us to Christ. Like the fragrance of roses that lingers long after the flowers have been offered, her example of faith, humility, and loving service remains in our hearts.

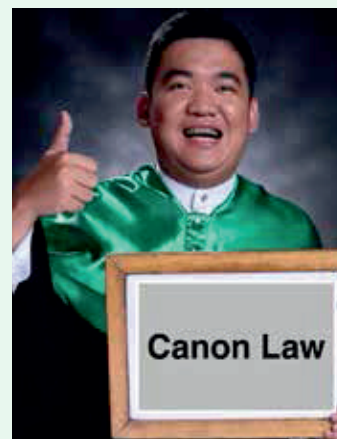
As we continue our journey as a parish community, may we follow Mary's example, trust in her maternal care, and always seek to grow closer to Jesus through her loving intercession. 🙏



CONGRATULATIONS FR. RL ORATE

May 30, 2026

Congratulations to Fr. RL Orate for successfully earning his Licentiate in Canon Law from the University of Santo Tomas Faculty of Canon Law, graduating Cum Laude last May 30, 2026. This achievement reflects his dedication to academic excellence and service to the Church. His former rector in UST Central Seminary, Rev. Fr. Quirico Pedregosa Jr., OP accompanied him to receive his award.





Beyond football, the camp served as a platform for character building and fostered new friendships in a positive environment.

SPORTS FOR BUILDING COMMUNITY | April 14 to May 30, 2026

By Tessie Moran

Backed by our parish priest, Fr. Aytoy Opiniano and the Parish Pastoral Council, the Basic Ecclesial Community Team launched a Futsal camp this summer. In collaboration with the Valentia Football Academy, the camp sought to connect with young parents with children, ages 5 to 12, through sports, inspired by the Moran Foundation's recognition of Futsal as a sport where Filipinos can excel internationally.

Futsal, the indoor version of small-sided football recognized by FIFA, is a fast-paced, skillful sport emphasizing quick thinking, tight ball control, and teamwork. It's an excellent foundation for developing football skills. The camp attracted 32 kids, and it was heartwarming to see families from the neighborhood participating and bringing enthusiasm to the court.

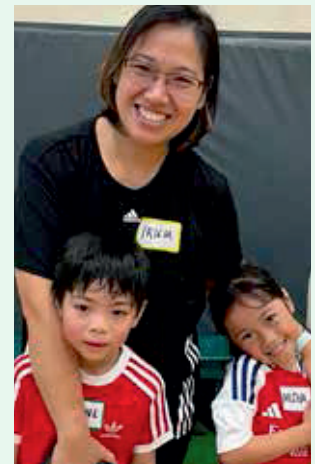
The Greenmeadows air-conditioned basketball court provided a comfortable environment amid the summer heat, allowing the children to stay focused and enjoy the game. Parents were there to cheer, watch and support their kids. The sense of community camaraderie was strongly felt.

One father of a 6-year-old shared, "I was surprised, he didn't complain about waking up early for futsal after a long trip yesterday. He gets very excited on camp days." A mom shared how her daughter who hesitated to return to the court after a mild injury was inspired to go back to play. Four words from her coach magically inspired her: "YOUR

TEAM NEEDS YOU". Valuable lesson there.

Beyond football, the camp served as a platform for character building. Children learned discipline, teamwork, perseverance, confidence, and fostered new friendships in a positive environment. Even their parents connected with each other along with the BEC team.

The kids' enthusiasm motivated organizers to extend the program. Thanks to the Greenmeadows board through Dr Mike Mo, the program was extended for two more successful weeks. 🏆



Christ The King Parish — Greenmeadows

LOC LIVELIHOOD

April 13, 2026

By Lorie Santos

The CTK Livelihood Program signed a Memorandum of Agreement (MOA) with Ang Hortaleza Foundation, Inc. to implement the Ganda Mo, Hanap Buhay Ko – Basic Cosmetology Training Program. The partnership aims to equip participants with basic cosmetology skills and livelihood opportunities, empowering them toward sustainable employment and self-reliance.

From Eileen de Leon's FB post



CTK SCHOLARS KICK OFF NEW SCHOOL YEAR

June 7, 2026 By Lorie Santos

The CTK Scholars began School Year 2026–2027 with their First Mass and Blessing, presided over by Bishop Ness. Together with the Ladies of Charity, PPC Libis, San Roque Parish–Bagumbayan, and the Catmin Ministry, we prayed for God's guidance and blessings upon our scholars as they embark on a new academic year, keeping God at the center of their lives and growing in faith, character, and spiritual maturity.

Our heartfelt gratitude to Fr. Aytoy for making this meaningful celebration possible.





CHRIST THE KING PARISH KNIGHTS OF COLUMBUS EARN PRESTIGIOUS STAR COUNCIL AWARD

March 8, 2026

The Knights of Columbus (KOC) of Christ the King Parish—Greenmeadows, Council 12461, proudly celebrate a milestone achievement as they were conferred the distinguished Star Council Award by the Knights of Columbus Supreme Council for Fraternal Year 2025–2026.

The award was received by **Grand Knight Manny De Leon**, together with Program Director SK Jimmy Hernandez and Membership Director SK Chito Gomez, whose leadership and dedication were instrumental in guiding the council toward this recognition. Joining them in this moment of honor were District Deputy Anjoe Ramos, District 21 Deputy Master Rudy Retirado, Past Grand Knight Joel Tamor, SK Joseph Macavinta, and Fr. Bryand Restituto.

The Star Council Award is the highest distinction a local council can receive. It is granted to councils that excel in the core pillars of the Order—faith formation, community service, family life, and fraternity—while also achieving key goals in membership growth, charitable programs, and insurance promotion. Receiving this award signifies that Council 12461 has demonstrated outstanding commitment to service, leadership, and active engagement in both parish and community life.

As Council 12461 receives this honor, CTK parish community shares in their joy and gratitude, celebrating a brotherhood that remains steadfast in its mission—“to be instruments of God’s grace in the Church and in the world.” ☺



SEVEN CHURCHES, ONE FAITH: Knights of Columbus Hold Annual Visita Iglesia in Bulacan | March 28, 2026

In a meaningful expression of faith and fraternity, the Knights of Columbus (KOC) of Christ the King Parish—Greenmeadows held their annual Visita Iglesia on March 28, 2026, journeying together with their families and friends to seven historic churches across Bulacan.

The pilgrimage began at the revered Barasoain Church, a site rich in both religious and national history. From there, the group proceeded to St. Joseph Parish Church and the Padre Pio Parish Church, where quiet moments of prayer deepened their Lenten reflection.

Continuing their pilgrimage, the Knights visited St. James the Apostle Parish, followed by San Ildefonso de Toledo Parish Church. The journey then brought them to the Diocesan Shrine and Parish of Divine Mercy, a place known for its devotion to God’s boundless mercy. Their final stop was the St. Francis of Assisi Parish Church, where the group concluded their Visita Iglesia with grateful hearts.

The group also had a refreshing stopover at the coffee shop owned by one of its members.

In each church, the participants prayerfully observed the Stations of the Cross, uniting their intentions and reflecting on Christ’s passion and sacrifice. The shared experience fostered not only spiritual renewal but also a deeper sense of brotherhood and community among the Knights and their loved ones.

Described by many as both joyful and fulfilling, the pilgrimage served as a meaningful preparation for Holy Week—an opportunity to pause, pray, and walk together in faith. Through this annual tradition, the Knights of Columbus continue to inspire others in the parish to embrace the Lenten journey with devotion, unity, and hope. ☺



EMHC GA/Formation led by Fr. Louie Punzalan | June 18, 2026

BRINGING CHRIST TO THOSE WHO NEED HIM MOST

By Benjie Jimenez

For the Extraordinary Ministers of Holy Communion (EMHC) of Christ the King Parish–Greenmeadows, ministry is more than distributing Holy Communion during Mass. It is about bringing Christ's love, comfort, and presence to people wherever they are.

From April to June 2026, the EMHCs, led by Mr. Benjie Jimenez, remained active in prayer, formation, and service. Their monthly gatherings helped strengthen both their faith and their commitment to ministry. Fr. Rex Jeba guided the April General Assembly, while Fr. Dennis Cagantas led a recollection and confession day in May. Bishop Nes Ongtioco and Fr. Mike Cabangisan also heard confessions. In June, Fr. Louie Punzalan served as formator during the ministry's General Assembly.

One of the most meaningful parts of their work is bringing Holy Communion to the sick and homebound. Every month, six EMHCs visited residents in Libis who could no longer attend Mass. They served 12 sick parishioners in April, 13 in May, and 14 in June. Another group of twelve EMHCs regularly visited parishioners in the villages, reaching 22 people in April and 27 in May and June.

The ministry also welcomed four newly commissioned EMHCs on May 24 during rites presided over by Bishop Nes Ongtioco. Two of them were returning ministers. With their commissioning, the parish now has 119 EMHCs—the highest number in its history.

The EMHCs also came together as a family in moments of joy and sorrow. They sponsored the Wake Mass for retired EMHC Manny Cortez on May 4. On May 20, they accompanied Fr. Arthur “Aytoy” Opiniano as he administered the Sacrament of the Anointing of the Sick to Kuya George Samson.

Through their quiet and faithful service, the EMHCs continue to bring Christ's healing presence to the parish community, one person, one home, and one heart at a time. Male Catholic members of our community who are interested to be part of this meaningful ministry can contact Benjie Jimenez or leave a note at the parish office. 🙏



Four new members of our ministry, Marjoe Siongco, Joey Simon and returning EMHCs Bong Maza and Ruel Maranan, were commissioned by Bishop Nes on May 24.



Fr Aytoy administering the anointing of the sick rite to EMHC Kuya George Samson who recently suffered a stroke.



Communion of the Sick (COS) in Libis.



EMHCs joining Fr Aytoy in visiting Kuya George Samson last May 20, 2026.

BEC Sunday and Commissioning | May 31, 2026



BEC Village Way of the Cross By Kcee Espinosa

Every Tuesday and Thursday of Lent leading up to Holy Week, a Basic Ecclesial Community (BEC) or a village under Christ the King Parish (CTK), gathered at 8:00pm for the traditional Way of the Cross. On their assigned day, the coordinators and residents of each village set up CTK's 14 Stations of the Cross images at their clubhouse, open space, chapel, or homes.

Each Station was assigned to a family, who led the community in prayer together with the CTK priest. It was truly heartwarming to see village workers, household staff, and residents of all ages process from one station to the next in solemn meditation of the Passion, Death, and Resurrection of Jesus Christ, while also reflecting on the challenges they face today.

Many residents shared that this was a tradition that they looked forward to every year. They expressed how meaningful it was to walk this spiritual journey alongside their neighbors. Some villages also held a fellowship afterward, sharing light snacks and conversation with each other, further strengthening their bond as a BEC.



Holy Face Exhibit | March 19 to 21, 2026



Kasalang Parokya 2026, Saturday, June 13, 2026

Fr. Mike Cabangsan officiated the Kasalang Parokya organized by the Family and Life Ministry of couples (*left to right*) Jade Justin B. Dañez & Cassandra Colleen C. Francisco, Ricardo Carlos R. Vito & Bernalyn T. Nevado, Ian A. Nicanor Lovele V. Palangdao Mabuhay ang Bagong Kasal!



Singles Mixer

Singles Mixer at Christ The King Greenmeadows is held every 4th Sunday of the month after the 5:30pm Mass. Come and meet your fellow parishioners. Next Single Mixers is on June 28!

ASCENSION SUNDAY/WORLD COMMUNICATIONS SUNDAY

Sunday, May 17, 2026

Fr. Aytoy Opiniano commissioned the members of CTK's Social Communications Ministry on Ascension/World Communications Day. The team is composed of JG Gonzales, Ella Yeh, JJ Tayaban, Tessa Mangahas, Gilda de Perio, Elaine Palamos, Cio Palamos, Alyanna Palamos, Lester Tayaban, Ronald Malabanan, Melvin Vidal. Not in picture are Nadine Navarro and Sandy Abad Santos.

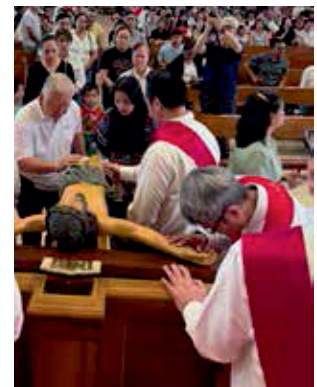
Thank you for the trust, CTK community. Thank you Fr. Aytoy for the support.





2026 HOLY WEEK

Palm Sunday, March 29, to Easter Sunday, April 5





Christ The King Parish — Greenmeadows

EASTER JOY SHARED: CTK Community Visits 74 Lolas of the Little Sisters of the Abandoned Elderly

April 11, 2026

By Tessa Mangahas



In a heartwarming celebration of Easter, ministry and organization members of Christ the King Parish (CTK) came together to bring joy, companionship, and hope to the 74 lolas under the care of the Little Sisters of the Abandoned Elderly in San Juan City. Representing various parish ministries and organizations—including the Knights of Columbus, Ministry of Stewardship, Children's Ministry, Sunrise Ministry, Social Communications Ministry, the Legion of Mary, and Apostleship of Prayer—the visit became a beautiful expression of faith in action.

The Knights of Columbus, led by Grand Knight Manny de Leon, arrived in full spirit and generosity, bringing in-kind donations of sacks of rice and much-needed adult diapers. Beyond material support, the Knights actively joined in the program, adding energy and laughter through song and dance numbers that delighted the elderly. Manny de Leon sang “Sway”, “The Way you Look Tonight” and other old favorites that tickled the seniors’ hearts.

A particularly touching highlight came from the Children's Ministry, led by coordinators Sonny and Mina Mejia. Accompanied by their parents, the children sang cheerful songs and personally handed out handcrafted flowers and colorful cards filled with heartfelt messages for the lolas. Their simple yet sincere gestures lit up the faces of the lolas, reminding everyone of the power of childlike love and compassion. There were warm hugs and tears of joy all around.

Meanwhile, the Stewardship Ministry, through coordinator Ellen Chua, formally turned over a cash donation generated from the parish's Coin Bank Campaign during the recent Fiesta and Christmas season of 2025. This was received by Sr. Sandra who along with 3 other nuns, 26-strong team of caregivers and staff, patiently care for the elderly. This collective offering symbolized the generosity



of the wider CTK community, shared with those most in need.

The visit started with a blessing led by Fr. RL Orate, who prayed over the lolas, the visiting parishioners, and the facility's staff—entrusting all to God's loving care and renewing the spirit of Easter in every heart present. SoCom and Sunrise's Tessa Mangahas closed the activity with a prayer for the lolas, the staff of the facility and CTK team.

Indeed, the day was filled with smiles, music, and meaningful encounters. Young and old alike experienced a deep sense of connection and joy. As the children sang with pure delight, it truly felt as though everyone was “on top of the world.”

More than a simple outreach, the visit became a living witness to the Gospel message of love, compassion, and shared humanity—an Easter celebration that will remain in the hearts of all who were part of it.

Happy Easter lolas! 🙏





KARAPATAN NG SENIOR CITIZENS, ALAMIN AT IPAGLABAN!

Empowering the Elderly Through Knowledge and Action | March 28, 2026

By Tessa Mangahas

More than 65 senior citizens and non-seniors of CTK community gathered in a spirit of learning and advocacy for a timely and empowering talk, “Karapatan ng Senior Citizens, Alamin at Ipaglaban!” led by noted election lawyer and senior citizens’ advocate Atty. Romy Macalintal. The event was also graced by Christ the King Parish priest Fr. Aytoy Opiniano, affirming the Church’s support for initiatives that uphold dignity and justice for the elderly.

Atty. Macalintal provided a clear and practical discussion of the rights and privileges guaranteed under Philippine law, reminding attendees that these benefits are not favors, but entitlements that must be understood and asserted.

Among the key highlights were transportation discounts, where seniors are entitled to at least 20% discount and VAT exemption on fares for public transport, including jeepneys, buses, taxis, and even ride-hailing services. In dining establishments, seniors can avail of similar discounts on food purchases, including promotional meals—provided these are not exclusive or bundled in a way that removes the discount privilege.

The talk also emphasized lesser-known benefits such as free movie access in select cinemas on designated days, and priority or exclusive parking spaces for senior citizens in commercial establishments—an important measure for accessibility and safety.

A particularly insightful segment tackled the proper computation of VAT exemption and discounts, including for RFID toll systems. Atty. Macalintal clarified that discounts should be applied after removing VAT, ensuring that seniors receive the full benefit mandated by law—something often overlooked or incorrectly implemented.

Participants expressed gratitude for the clarity and confidence the talk provided. Beyond information, the session was a call to action: to be vigilant, informed, and courageous in asserting one’s rights.

In a community rooted in faith and service, this gathering served as a meaningful reminder that caring for our elderly includes empowering them—not just with support, but with knowledge of the rights they rightfully deserve. 🙏



GRATEFUL HEARTS MASS

By Tessa Mangahas

For the 4th time since it was launched, the Main Church was filled—almost to capacity—with elderly parishioners, persons with disabilities, their families, friends, and caregivers for the Grateful Hearts Mass on First Friday. May’s First Friday celebration also gently opened the Marian month of May, where the tradition of offering flowers in the Mayflower devotion becomes a simple yet profound gesture of love to our Blessed Mother. It also honored the Sacred Heart of Jesus, whose First Friday devotion reminds us of Christ’s enduring compassion, and coincided with the Memorial of St. Joseph the Worker, a quiet tribute to the dignity of labor and the grace found in everyday service.

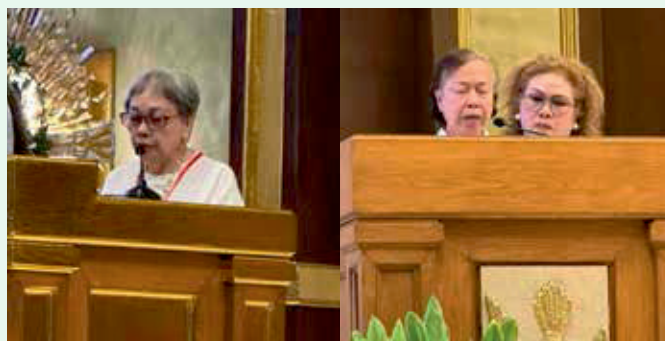
In June, the prayers were focused on elderly, PWDs, the country’s peace and order situation as it commemorates Independence Day and Father’s Day.

Special petitions were offered for the elderly and PWDs, carrying a deeper resonance as the Christ the King Parish community expressed heartfelt gratitude for their lifelong contributions—both in their years of active work and in the quiet witness of their present lives.

In May, Remy Espinosa of the Enclave community led the Prayers of the Faithful with sincerity and grace during the Eucharistic celebration presided by Fr. Mike Cabangisan. June 5 saw Bet Montecillo leading the prayers in the Eucharistic celebration presided by Fr. Rex Jeba.

The congregation, united in reverent silence, bowed their heads in prayer and received the blessing, made tangible through the sprinkling of holy water—a moment that seemed to gather every intention into the loving heart of God.

With grateful hearts, we thank Fr. Mike and Fr. Rex for their generosity, the Sunrise Ministry for their steadfast service, and all who joined in this meaningful gathering. Our appreciation also goes to the ApLoc Choir for their fitting and prayerful music, and to Ms. Ellen Chua for her attentive assistance throughout the celebration. 🙏



Christ The King Parish — Greenmeadows

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GREENMEADOWS

IS A STEWARDSHIP PARISH

HERE ARE WAYS TO SHOW THANKFUL GIVING

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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
5:30PM
7PM

CHILDREN'S
MASS

PARISH OFFICE

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

PARISH OFFICE PHONE NUMBERS

8633-0280
8638-4838
8687-1909