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BROTHERHOOD OF CHRISTIAN
BUSINESSMEN AND PROFESSIONALS



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ISSUE FOCUS:

- ❁ On Contemporary Leadership
- ❁ Are Leaders Born or Trained?
- ❁ Attributes of Leadership
- ❁ The Lessons of Following Who, Me? A Leader??!
- ❁ The Challenge of Spiritual Leadership



The
BCBP
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VISION

The vision of the Brotherhood of Christian Businessmen and Professionals (BCBP) is that of a full life in Christ for all, particularly business people and professionals.

This full life is expressed through a three tiered, lifelong process:

CONVERSION

to a personal relationship with Jesus Christ;

COMMITMENT

to the values espoused by Him; and,

COMMISSIONING

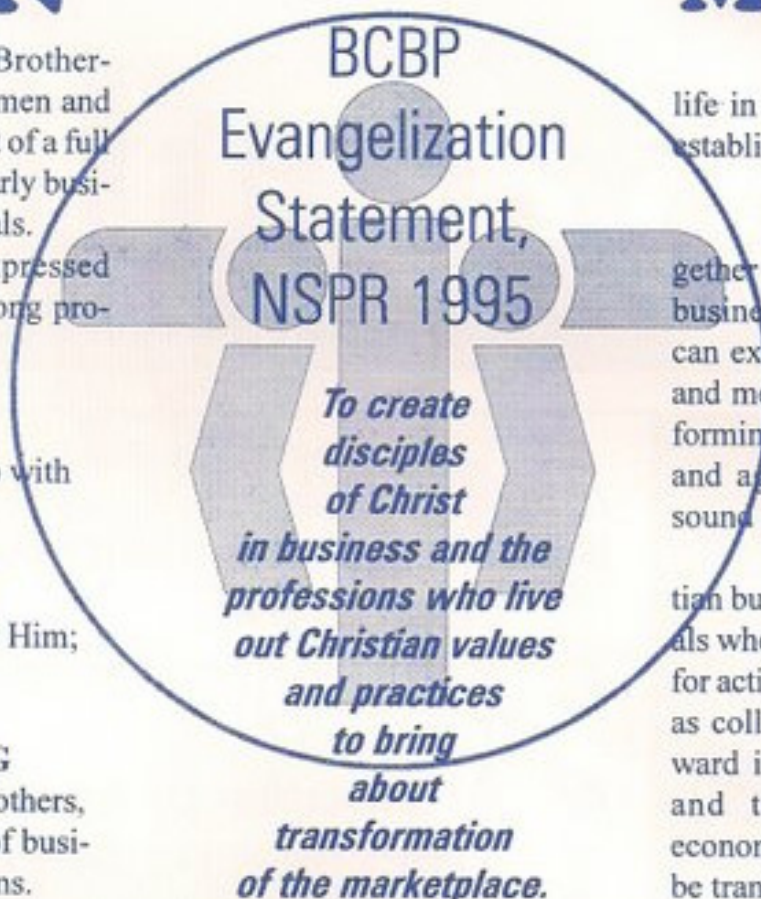
to spread these values to others, especially in the conduct of business and the professions.

MISSION

To attain its vision of a full life in Christ for all, the BCBP has established a two-fold mission:

- To create and promote together a support environment where business people and professionals can experience Christ in a personal and meaningful way, thereby transforming them into disciples of Christ and agents for justice, equity and sound development; and,

- To create a body of Christian business people and professionals who are so trained and structured for action that their individual as well as collective efforts result in a forward impact in business practices, and through this, enable the economy, and society in general, to be transformed by Gospel Values.



Evangelization Statement

Evangelization by the BCBP means:

"Creating disciples of Christ in the businesses and the professions, who bring about a transformation of the marketplace by living out Christian values and practices not only in their personal and family lives, but more particularly in their respective businesses and professions."

The Essence of a BCBP Member

A BCBP member is a businessman or professional who influences change leading to Christ-centered behavior and practices in his sphere of work.

He is a disciple of Jesus Christ and has integrated the Lord's teachings in his total life.

He gains support and grows spiritually through his active involvement in the Church and in the BCBP.

Some Clarifications about Being a Member of BCBP

Focus is not on the title or rank of the person in his work organization, but on his capacity to influence change and to bring about Christ-centered values and practices in the workplace.

Must be an active participant in all BCBP life, including Action Group structure.

Must attend at least 50% of each of the activities of his BCBP chapter.

A new member commits to renounce all forms of serious wrongdoing and un-Christian relationships, commitments, and practices.



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Editor's

Note...

Happy Easter! This is the Easter season during which we reflect on the miracle of the Resurrection of Jesus, on the every day miracles of renewal in our own lives and in God's creation around us. In this issue Jun Denising shares with us his personal resurrection experience, of being buried alive for three days during the Baguio earthquake and his miraculous escape by God's hand.

This being the season of sun, sand and sea adventures, our Summer section contains a sharing about a beach experience and some tips on how to plan an action group outing. We also include reminders for the ecology-conscious on how to help preserve God's creation, the Earth.

Our last issue focused on evangelism and the Brotherhood's mission in the marketplace. BCBP members are businessmen and professionals with influence in their areas of expertise — leaders in the world of work. To help you put your management and leadership skills into perspective we invite you to take a closer look at what it takes to be a leader. Whether you realize it or not, you are - right now - either a leader or a leader-in-waiting!

Please read the Last Page for the upcoming topics. We invite and encourage you to send us your sharings on these topics, business sharings, chapter and outreach news, and replies to the surveys.

We need your input to keep everyone up-to-date about the activities of the BCBP nationwide and to keep your KAPATIRAN interesting. - Nancy R. Catan



WISHLACS/CARTOONIST

"It's our new employee recognition award."

"You are what your deep driving desire is, As your desire is, so is your will. As your will is, so is your deed. As your deed is, so is your destiny."

Brihadaranyaka Upanishad IV.4.5

"Excellent firms don't believe in excellence -- only in constant improvement and constant change."

Tom Peters



"All labor that uplifts humanity has dignity and importance and should be undertaken with painstaking excellence."

Martin Luther King

Cartoons from "Chicken Soup for the Soul at Work"

Readers Survey

What do you feel is the most critical issue in the Philippines' political situation at this time?

The move to amend the Philippine Constitution by some groups close to FVR. Jun Arcilla, Rizal Chapter

The peaceful turn-over of the reins of government in 1998. P. Beltran, Rizal Chapter

The 1998 presidential elections — whether proponents will pursue charter change and enable FVR to seek reelection. This is resulting in divisiveness and really affects our political stability. Nene Ramos, Rizal Chapter

Ladies, do you agree?

According to a GQ magazine survey of 1,500 men aged 18 and older, here are the top 10 adjectives (chosen from a list of 46) that men used to describe how they actually are and how they'd like to be.

How Men See Themselves:

- honest
- kind
- polite
- intelligent
- competent
- loyal
- independent
- practical
- fun-loving
- happy

How Men Would Like To Be:

- high-earning
- patient
- attractive to women
- sexy
- athletic
- good-looking
- social
- decisive
- assertive
- well-educated

Source: *Discipleship Journal*, Mar/Apr 1995

A kind and compassionate act is often its own reward. -William J. Bennett

WHAT IS FREEDOM?

Some time ago I read an article by Robert F. Joyce, a Catholic bishop in the state of Vermont. I would like to share it with you.

We are full of confusion, in our democratic country, about the meaning of freedom, and this results in an abnormal reaction regarding obedience to law.

We have freedom of conscience so far as other human beings, and human institutions of authority, are concerned, but not with regard to God. If we know in our conscience that something is right or wrong, no human being can coerce us, but God can and does require us to obey his voice. Many present-day philosophies, ignoring God and conscience, hold that man can think and do anything he pleases. We are getting to the point of acknowledging no law, human or divine.

Take the matter of obscene books and magazines and pictures. Those who wish to rationalize and justify their indulgence in these things try to maintain that they are literature and art. They are escapists who refuse to face the realities of human nature,

who do not recognize or acknowledge the fact of sin, who are unconcerned about violating the Commandments or corrupting their own nature. Even literature and art can debase and degrade when they decay and rot.

When those protest who do have some moral principles, who are realists about the nature of human beings, it is resented and they are attacked and called names. If they are in positions of authority, then a great hue and cry is raised about oppression, tyranny, censorship, medievalism, etc., and then the authority itself is attacked. Unbridled license has been mistaken for freedom and replaces it.

With the psalmist we need to cry out:

"Your precepts I have not forgotten; your law is permanent; your commands are my delight; your decrees are forever just; you have established them forever."

Bishop Joyce could very well be speaking about the Philippine situation. Highly questionable publications with lurid covers can be seen in most every newsstand. There is recurring controversy about what the Board of Censors allows or disallows in the movies. There are reports that

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adult stores can now be seen in some of the malls disguised as novelty shops. The most recent uproar concerns whether or not, and how, to control Internet pornography sites.

To me, this is not merely an issue of freedom of speech, or freedom of action, or violation of human rights. We are in a face-to-face confrontation with whether or not we choose to obey God. Yes, we are free — free to choose life with God or death with the world. As long ago as the time of Moses, this was the choice given us (Deut. 30:15-20). Why is it taking us so long to choose? *Nancy R. Catan*

A lot of people want to serve God, but only in an advisory capacity.

In the marketplace

Eddie Mendoza
Greenhills Chapter

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*all about
dreams,
influence-
peddling and
integrity*



ing Nebuchadnezzar of Babylon had a dream which left his spirit no rest and robbed him of his sleep. So he ordered that the magicians, enchanters, sorcerers, and Chaldeans be summoned to interpret the dream for him." (Dan. 2:1-2) Somehow, however, the king mistrusted his own counselors, because too often they would only tell him what they thought he wanted to hear. This must have been a wise king who knew a "sipsip" when he saw one.

So the king gave them the impossible task. Not only were they asked to interpret the dream, but they were also supposed to narrate to him his own dream which — because he refused to tell them about it — they had no idea what it was in the first place. *Nabisto tuloy silang lahat*, and so the king ordered them all to be rounded up, and executed together with their families.

When Daniel heard of this matter, he immediately sprang into action. The normal person would probably shrink under the weight of that terrible order of execution, and say, "what can I do?" Against societal evil, institutional sin, practices that undermine gospel values against which we usually find ourselves seemingly helpless, we often say, "what can one person do?" Daniel shows us how.

Daniel was also one of those persons included in the roundup. But the bible suggests that he was high enough up in the system to be able to speak directly to the authorities. In fact, he apparently was able to get in to see the king to make an appeal. And so, Daniel persuaded the king to stay the executions until he and his friends could have a shot at declaring and explaining the dreams. And after earnest prayer as a group, they

indeed were able to narrate and interpret the king's nightmares.

It is interesting to note how Daniel used his influence in order to spare the lives of his associates. "Do not put the wise men of Babylon to death," he requested Arioeh whom the king had appointed to conduct the execution. The wonderful thing about this request is that Daniel asked to have all the magicians saved, not just himself and his close friends. After all, who were all these others? Weren't they the magicians and sorcerers, weren't they people totally opposed to God, who worshipped idols and participated in the evil practices of a pagan empire? Weren't they deceptive, self-seeking advisors, who probably did the king more harm than good?

Indeed, Daniel might have used this opportunity to get rid of them once and for all and to remain as the only true wise advisor. But he didn't. And that is the lesson of integrity that I would like to share with you this morning. Daniel saw the evil in the king's own orders, and purposely worked his way up so that he could thwart it.

What could one man do? First, he used his influence to seek out the source of the evil, namely the king with the impossible order, then he sought out the Lord in prayer to furnish the solution to the entire problem.

Most of us in the BCBP today occupy positions of authority and influence. Like Daniel, we should use our authority and our influence to "overcome evil with good". As Proverbs 3:27 puts it, "Do not withhold good from those to whom it is due, when it is in your power to do it."

Or as Paul says, (Eph. 3:20), "To him who is able to accomplish far more than all we ask or imagine, by the power at work within us, to him be glory in the church and in Christ Jesus to all generations, forever and ever. Amen."#



Eddie Mendoza is senior vice president and head of Corporate Planning of one of the Philippines' prestige corporations, Phinma, and an active member of BCBP Greenhills. He regularly shares his reflections on the Christian businessman during the BCBP Greenhills' weekly Men's Breakfast, 7:30 am at Club Filipino, Greenhills. You are welcome to attend.

The best way to get even is to forget.

Business As Usual

Lazaro Y. Medina, Jr.
Las Piñas Chapter

Nestled on the southern end of Vancouver Island is the city of Victoria, capital of British Columbia, and home of what is probably the world's most beautiful garden - the Butchart Garden.

I suspect that those who organized our hectic, three-day swing into Vancouver Island as part of Philippine Airline's inaugural nonstop Manila-Vancouver service deliberately scheduled the visit to the world-renowned gardens at the end of the trip.

Our long-time colleague in the business beat, Roly Estabillo, now PAL vice president for public relations, insisted that I take the trip when I asked him during dinner at our hotel in Richmond, Vancouver what to expect from the excursion to Victoria the following day.

The trip itself consisted of an hour's drive by bus via the scenic Vancouver countryside to Tsawassen Terminal where we took a ferry - motorcoach and all - to Swartz Bay Terminal. The 90-minute ferry ride was an exhilarating experience aboard one of the BC Ferries vessels that offers everything from a business center, computer game room, souvenir shops, cafeterias and a huge buffet restaurant at the fifth deck. From Swartz Bay Terminal it took another 30-minute drive to get to Butchart Gardens.

One feels sorry that we had only 60 minutes to enjoy the sheer beauty of the gardens that seem to have been plucked directly from Eden.

From a distance the gardens were ablaze with vibrant colors of scores, maybe hundreds of flowers in full bloom on that cool summer afternoon. In my mind's eye, I wondered how the gardens would have looked like in spring, in autumn, and yes, in winter.

The area is a soothing tableau of well-manicured lawns and gardens that leave most of the visitors speechless, perhaps preferring to savor the sheer delight of the priceless collection of the best of the world's flora.

Surely, the Butchart Gardens are a gift of God to both Canadians and foreign

tourists who visit the place by the thousands daily, every day of the year.

As I write this piece, I look at the garden's map and realize that the limited time deprived us of the opportunity to fully explore the beauty of the vast garden that must be as big in land area as the whole of Luneta - from Taft Avenue to the seawall, from the Manila Hotel in the north to the old Army and Navy club to the south.

With the time constraint, most of us only had time to quickly explore and take souvenir photographs of the sunken Garden, the Rose Garden, the Japanese garden (actually my favorite) and the Italian garden.

A glossy brochure I picked up at the souvenir shop says that the Butchart Gardens feature hundreds of varieties of flowers, shrubs and trees accumulated and nurtured over the years by the well-travelled Butchart family since 1904.

"As the gardens grew, so did their renown," said the brochure. "Mr. and Mrs. Butchart, in the same spirit of warm hospitality they showed to all who visited them, named their home "Benvenuto," the Italian word for welcome.

Today, the gardens are maintained by Mr. R. Ian Ross, a grandson of Mr. and Mrs. Butchart, and his wife Ann-Lee, who have made refinements to complement the (garden's) beauty."

At the end of the rushed visit to the Butchart Gardens, Channel 13 Bob del Rosario and I signed one of the guest books at the gardens' exit. Under the heading remarks, Bob wrote, "out of this world." Still at a loss for words to describe the gardens, I only managed to scribble, "simply splendid."

By the way, seeds of about 120 flower varieties ranging from the African Marigold (*Tagetes Erecta*), Chilean Rhubarb (*Gunnera*), Japanese Anemone (*Anemone X Hybrida*), to the Tibetan Blue Poppy (*Meconopsis*) are being sold at the Benvenuto Seed and Gift Store.

Personnel at the seed store also readily give technical advice to prospective seed buyers, like what seeds may be suitable for cultivation in some places but not in others due to such factors as climate and soil quality.#

Vancouver

Diary

THE BUTCHART GARDENS

A veteran economic journalist, Lazaro "Jun" Medina Jr. is currently managing editor and columnist of *Money Asia*, the country's newest business daily. He is a graduate of BCLP 25 and an active member of the BCBP-Las Piñas chapter.



Fashion is something that goes in one year and out the other.

The Easter account of Jesus' resurrection three days after his crucifixion marks a turning point for Christians then and now. Jun Densing tells us of his own turning point — death and resurrection, a three-day ordeal, during the July 16, 1990 earthquake that devastated vast areas of Luzon and killed more than 1600 people. He says, "Each one of us can experience his own resurrection if only he will surrender his life to God."



Jun Densing, Parañaque Chapter

Earthquake! Earthquake!

It's been more than six years now since I escaped from certain death during the killer earthquake (7.7 on the Richter scale) that devastated northern and central Luzon on July 16, 1990, but the memories of that three-day ordeal while trapped in the rubble of one of the collapsed hotels in Baguio City and my miraculous "resurrection" are still vivid in my mind.

The earthquake strikes

It was a Monday, about 4:25 in the afternoon. We were having our afternoon snacks on the second floor of the five-story Nevada Hotel in Baguio City on the opening day of a three-day workshop-conference sponsored by the USAID. There were 66 of us participating in that conference.

As we were enjoying our snack, we felt the building suddenly sway wildly from an earthquake — a strong one! People scampered in all directions wailing and shouting in panic as the building started to break apart and rubble came crashing down on us from the three floors above us.

We took shelter under the collapsible conference tables. Within seconds, the electricity went off and there was total darkness. I could hear crying and moaning. Some people were shouting for help; others were calling their husbands, their wives or their parents. Others were saying their final words for their families and children before gasping their last breath of life. I thought this was the end for me.

Like a flash I thought of my family back home, my wife, Tita, and my 11 children. The thought of dying without even bidding them good-by terrified me.

So I prayed to God with all the faith in my heart. It was a prayer of complete surrender to the Will of God.

I said: "Lord God, I offer you my whole self. You own my life. If it's your Will to take it back from me now, I completely



Baldness: the proof that there is plenty of room at the top

surrender it to you. But please, Lord God, don't leave me alone here in this darkness. Have mercy on me. Forgive me all my sins. Lord God, Father, in the name of Jesus Christ, your Son, please hear me! In the name of Jesus Christ, your Son, please bring me to your abode."

I kept on repeating this prayer until I lost consciousness.

My journey in the dark

I remember walking alone on a long, long road. At the end of the road was a big palace. Nobody was outside but the door automatically opened when I got near. I went inside into a big lobby. Far off, I saw many people wearing white, enjoying a very beautiful park.

Then some 50 meters away from the door of the palace, I saw what looked like Jesus Christ and His apostles, having a kind of fellowship.

When I saw them, I felt nervous as the thought of judgment came to my mind. I quickly reviewed my life on earth. Overall, I thought, I did more good than bad. So I said to myself, I can stand judgment.

Jesus Christ and His company approached me and led me towards what appeared to be a curtain. Then suddenly I saw all the people I had ever met in my life, dead or still living, from my birth to the time of the earthquake. My whole life was shown like a movie on that curtain. When the showing came to my joining in work for the urban poor, Jesus signaled to stop the showing and for me to go out of the door of the palace.

There I met a guide wearing what looked like a metal military uniform. We walked until we passed by a high fence where we could hear pitiful crying and moaning and shouts of pain from the other side of the fence. I asked what the place was. The guide said that it was hell, the place for those condemned to eternal punishment.

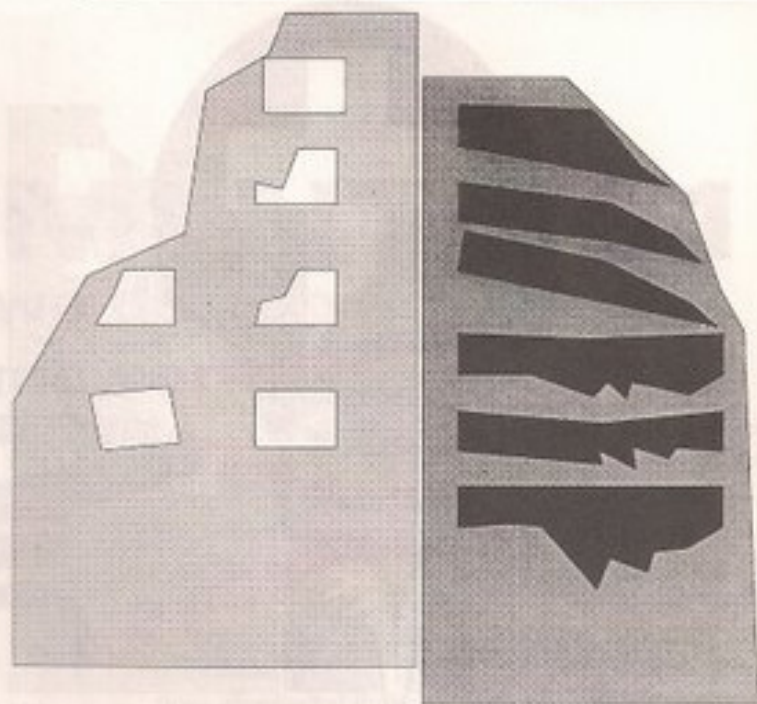
Then we came to a place where people were just sitting down, doing nothing. I saw drops of water falling on them. The guide told me, "These people are not going to hell, but they cannot yet enter the palace."

Shortly after that we came to a place with several fountains of water. I was asked to bathe myself in one of the fountains. When I did, I woke up and became conscious again.

Miracle in progress

I must have been dead or completely unconscious for 12 hours.

When I regained consciousness I was lying on my right side in a fetal position unable to move because I was trapped by



huge concrete slabs, crumpled steel bars and broken wood. Underneath my head were steel bars. About an inch from the top of my head was a broken 2x2 piece of wood, threatening my skull like a lance. The broken table top was over my body, two chairs clamped me to the floor. I was completely trapped — and there was no way for me to move in any direction.

The hours that followed seemed like eternity. Constant aftershocks gradually narrowed the clearance between me and the concrete slabs. I was slowly being pinned to death. I could no longer hear any voices around me, only an eerie, grave-like quiet.

It was my faith and my prayers that kept me strong. I was not afraid anymore. In a sense, I guess I can say that I even felt happy during that time waiting for my death.

What really bothered me were the constant aftershocks that were causing me great pain as I was slowly being crushed to death. I thought I should ask God to stop these aftershocks, remembering His own words, "Ask and it shall be given to you."

So I asked, "In the name of Jesus, please Lord God, stop the aftershocks. Please! Please!" After repeating this three times, I knew God answered because after this, every time I felt an aftershock, I would cry aloud, "God, tama na! God, tama na!" and the swaying of the huge concrete slabs and rubble would suddenly stop. Then I would say, "Thank you, God. Thank you, God!" I must have been repeating this prayer every three to five minutes.

***"Jesus You are God and all powerful.
Please, allow a miracle to happen right
here! Please, God!"***

Feed your faith and your doubts will starve to death.



Feeling that I had established direct contact with God and feeling that God was not yet ready to take back my life because after about 15 hours I was still alive, I asked Him a second favor.

I implored Him to bring me to safety. *"Jesus, You are God and all powerful. To you nothing is impossible. While on earth, you performed miracles. Please, allow a miracle to happen right here! Please, save me and my companions who may still be alive! Please, Jesus Lord! Please, God!"*

Not too long after that I heard voices not far from where I was lying. *"I'm here! I'm here!"* I yelled to the rescuers who turned out to be Philippine Military Academy cadets. They told me that they were doing everything they could to rescue us.

They told me that they had discovered a passageway — an air-conditioning duct about 8 to 10 meters long — with a bent portion near my head. The duct inclined upward and opened on the third floor. As the PMA cadets crawled down towards me through this passageway, they asked me if I could move towards them to where they could cut an opening for me to enter into the duct. I replied I could not because there was a piece of wood between my head and the passageway.

"If we sawed off the wood, can you move towards the passageway?" they asked. Excited at the prospect of being extricated from my grave I shouted, *"Yes!"*

It took the cadets from 7:00 in the morning until about 4:00 that afternoon to cut an opening in the duct because every time there was an aftershock, they would rush out of the passageway and return only after the shock had subsided.

Getting to the aircon duct was another struggle as I had to slide my body toward it on my back. When I reached the opening, I found out that it was only big enough for my head. My shoulders could not get in. Almost desperate, I told the PMA cadets to slash off my shoulders so I would fit, but they said I

would die of loss of blood because there were no doctors or medicines available. They told me that they would tie a chain or cable around my body and have me pulled out by sheer force. My bones might be crushed, they said, but I had more chances of surviving that way than if I were to lose blood.

But this was not the only problem. The passageway was less than two feet in diameter and upon entering it, I would have to turn 90 degrees upward toward the left. With only my head in the passageway, how could I turn 90 degrees and then pull my way up?

Waiting while the cadets tried to figure out a way to pull me to safety seemed like another eternity. And so I prayed hard with all the faith there was in me for a miracle.

"Lord Jesus, only your miracle can bring me out of here safely. Please, Lord Jesus, please do me a miracle."

Suddenly I felt water and a slippery substance like soap poured all over me. I was so slippery and my body seemed boneless — like an eel! Then, I felt a big, invisible hand grip my belt and pants at the waistline. I was pulled into the passageway and pushed all the way up to the opening in the third floor. This was about 2:00 a.m. of the third day.

In the damp, early morning hours as I emerged from the rubble all by myself, some of the stunned rescuers scampered away. They thought I was a ghost.

I felt at that time as if nothing had happened to me. My clothes were in tatters, but I was alive, my body did not even have any scratches! During those three days that I was buried in the rubble, there was total darkness, there was no food and no

"At the moment of death, the only person we can call to is God."

water. But I did not feel hungry, nor thirsty, nor suffocated.

Most of my companions who had survived the first impact of the tremor had all died from blood loss and dehydration. I was only one of six survivors out of the 66 participants of that USAID conference.

I still wonder until this day what really happened. The only thing I'm sure of is I prayed hard to God for a miracle and suddenly I was freed from my grave! Practically unharmed! Even the doctors who examined me were baffled. No broken bones or serious injury, not even a scratch!

Post-resurrection reflections

I would like to share with you some significant points that God has pointed out to me as a result of this experience. These are now the guidelines of my life.

First. The desire for worldly things — like fame, power, wealth and other material possessions — is only good if it does not prejudice our relationship with God.

Second. The best way to maintain a good relationship with God is to do His Will. Doing God's Will is doing every-

The journey toward Easter is long and its name is Exodus — a journey we undertake to learn God's tastes by experience. It is a journey made in faith, in love and in peace, a journey in search of hope.

In my own struggle to understand the resurrection of Jesus, I find that mystery abounds, a mystery too deep for words. The Easter experience is a poetry of love, a theology of Presence that has brought about a most profound and radical transformation in my life.

Jesus came to show us God's love by overcoming fear and death. He triumphed over the selfishness of the proud and the powerful.

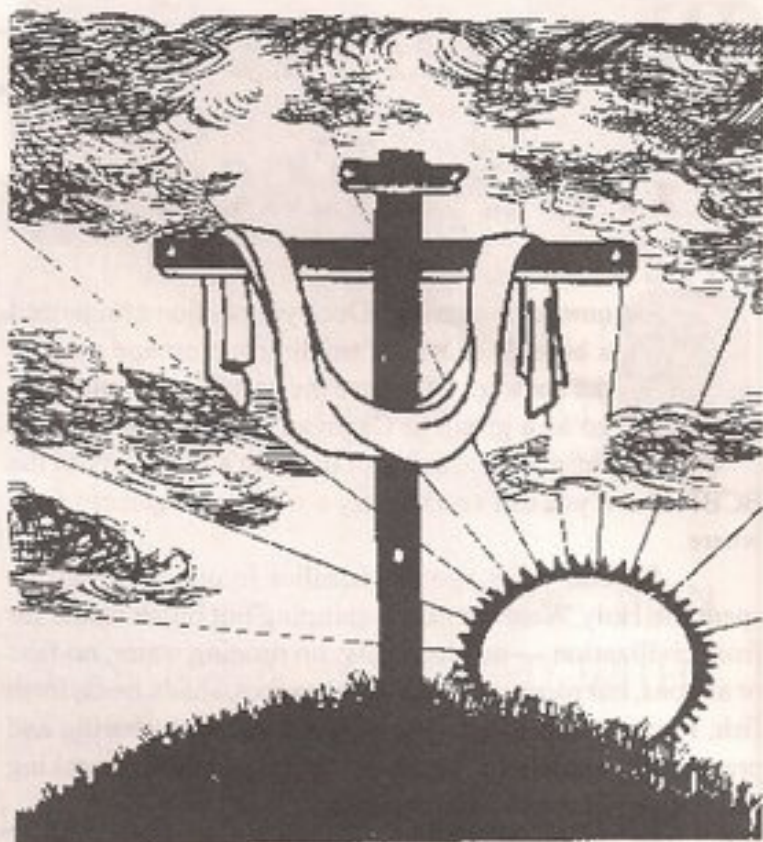
He appeared first to Mary Magdalene and filled her with great love and hope. He appeared to Peter, gently and firmly restoring Peter's trust and confidence by the power of His love. On the road to Emmaus, Jesus showed once again that experiencing His love should be a lived experience, not just something talked about.

The road to Emmaus is the road of our faith. As we travel this road our faith grows and matures until such time we become strong enough to recognize Jesus and realize that He was with us all along.

I now realize that love is a pre-condition for a living faith. Without love, God's mystery remains in the dark. Love is the light that illuminates the dark nights of my journey. Easter is when there are no more dark nights and shadowy valleys, only a glorious Light leading me on.

Jesus risen from the dead continues to be the guide of Christians as their Shepherd. He so deeply united Himself with human destiny that He continues to die and rise again every day in each of us. If I truly believe this, then every day becomes an Easter for me! I can rise to a new life from my dark, lonely, and empty place. Jesus' love is the key; it opens the door to His salvific power and His grace in my life.

I know that Easter is a lived experience because I know Jesus. #



EASTER IS A LIVED EXPERIENCE

Pinky Lim, Cagayan de Oro

thing for the love of God. Personal motives should be subject to that Will. The ultimate aim is to be able to serve and love God with our best.

Third. At the moment of death, the only person we can call to for consolation and help is God. He is all powerful and can do the impossible. This is something I can say with great conviction as I thank God that I am still alive even as I continue

to marvel at His saving mercy for miraculously rescuing me from death during that great earthquake of July 1990.

For all these, I can only thank God's saving hand. I knew deep in my heart that the Lord was with me during all that time, shielding me from death and protecting me from harm. And I can testify with absolute certainty that God hears us when we call to Him and will, yes He will, answer our prayers. #

No matter what happens, there's always somebody who knew it would.

Plan an Action Group Escape

Summer is coming. Does your action group need a booster shot? A small group escape may be the answer. Of course the best thing would be to go as a group to Cagayan de Oro to join in the fun and fellowship of the 17th anniversary of the BCBP. But if you can't do that, try a weekend together somewhere.

Several years ago the families in our action group spent the Holy Week weekend camping out on an island far from civilization — no electricity, no running water, no fans or aircons, but plenty of sea, sandy beaches, shady trees, fresh fish, fresh air and space. We enjoyed scripture sharing and prayers by candlelight, beach combing, swimming, making the Stations of the Cross from coconut tree to coconut tree, evening singalongs around a bonfire on the beach, chasing lizards, watching the sun rise and set over the sea, and eating. Most of all we reveled in feeling one with God's creation.

It was an *enriching* experience to remember as we gained insights into who we are as families and renewed our appreciation of our unique friendships.

Choose a destination. Allow people to voice their likes and dislikes, then choose a destination that everyone is willing to try. It's best to choose a setting that offers a variety of facilities and activities.

Keep your plans simple. Do discuss some activities you'd like to participate in. But allow plenty of time to just hang out together as families and individuals. Don't forget to plan for both good and bad weather.

Get organized. Our group identified each activity, then assigned either one family or one group, i.e. the young ones, responsible for it. Even the meals were assigned. Schedules were drawn up but room was left for on-the-spot improvisation. Result? Lots of fun with no one overburdened with duties.

Select a theme for the day. Let this be the theme for your morning prayers, for several of your activities during the day, and your bible sharings in the evening.

10 ways you can help save MOTHER EARTH

Lifestyle. I will examine my daily life in terms of its effect on Mother Earth to see what I can do to improve my home, workplace, and neighborhood environment.

Household. I will use only environmentally safe products for cleaning, painting, and food preservation.

Garbage. I will produce less waste by consuming less, by using reusable bags, and by limiting my buying to those products that have a minimal amount of packaging.

Transportation. I will cut back on unnecessary travel and use the most efficient forms of transportation available.

Chemicals. I will use fewer chemicals and more benign fertilizers and pest control methods in my garden, on my lawn, and in farm products.

Shopping. I will become an environmentally aware consumer, choosing goods that have low

environmental impact and that are produced with minimal disruption to Mother Earth.

Food Consumption. I will try to eat organically and locally grown foods and those, such as vegetables and grains, that are low on the food chain.

Energy saving. I will use energy more efficiently and use renewable sources whenever possible.

Recycling. I will separate and recycle my household waste in appropriate categories - paper, glass, aluminum, other metal, and plastic.

Eco-action. I will act as a planetary steward, knowing that each person does make a difference and communicating this message of hope to others.

Celebrate the Lord's Day. It is a totally refreshing experience to hold a Lord's Day celebration under a tree with a canopy of stars lighting your gathering. A time to really feel close to God.

The Blessing Game. Try this as your weekend escape is drawing to a close. In this version of "Spin the Bottle," the person at whom the bottle points shares some blessing received during the weekend. -Nancy R. Catan



Letty and I were on an extended holiday. We had spent our 30th wedding anniversary in Baguio with our daughters Joy and Didi and now, on

a weekend, wanted to have the time all to ourselves at secluded Agoo Playa in La Union. We were looking forward to an early morning swim in Agoo's clear blue sea.

And so on this Saturday with the sun barely rising over the hills of La Union we hied to the beach, raring for a swim.

A family of fisher folk, an old man, his frail wife and their young daughter were already on the shore. The woman was silently pulling on one end of a fishing net, the man pulling on the other end and the daughter tugging away between them. Oh no, I almost shouted! They took over the beach I thought was reserved for Letty and me. What right did they have to be on that short but choice stretch of seashore? The nerve of them, I complained to myself.

As Letty and I watched, we slowly became a part of the serene morning drama. Slowly, without a word, the woman pulled the net to her side as the husband, also wordlessly, slowly pulled the other part toward himself. The girl, just as quietly, motioned me not to disturb the water. Letty and I were silent because we did not want to be blamed if the fish swam away.

Slowly, very patiently and silently, but with a firm grasp on the net, husband and wife pulled in the net, their daughter now showing a little excitement. By this time I was silently rooting for them. I even prayed they would catch some fish. And got ready to help them bring the fish into shore as the net shortened. I watched their patience, their tenderness toward the net keeping it taut but not enough to let it break. And then, all of us gathered around the net as it neared the husband, wife and daughter and their tiny old banca.

Not a word came out of our mouths. Because not a single fish was caught in the net! For a moment I was afraid that they would blame me and Letty for driving the fish away! But more than fear, I felt pity for the family. Slowly, caressingly, they carried the rolled net to their banca, not saying a word as usual. I peeped into the banca and smiled, for behold, there were already some fish inside. The daughter proudly told me that they had caught them on their first try.



They took away our beach!

Gil Abejo, Greenhills Chapter

Would they sell them? Yes. And Letty bought them all. There were now smiles on the faces of man and woman and daughter. And I smiled at them all in return, getting to know the girl's name in the meantime as her mother uttered her first word, calling for her. Marites. What a beautiful name for a simple girl! And again she smiled as she told me they would have rice for several days from the sale of their catch.

But there was something even more beautiful that morning on the beach than their smiles. I saw in the faces of these simple fisher folk the look of acceptance, of contentment. I learned from them the virtue of patience and the dignity of honest labor and, more importantly, how to be at peace with the world.

It no longer mattered that I had lost a part of my morning swim. The sun had risen higher now, and the morning was no longer new. It did not matter. Letty and I still had our calm sea, the bright sunshine and a time and a place for our brief summer interlude. And we had had our morning blessed by that family who had taken away our beach that morning. #

Let the beauty of what you love be what you do. -Rumi

ON CONTEMPORARY LEADERSHIP

■ It shouldn't matter if a president has many wives. The focus should be on whether he is running the government well and the people are happy. —Erap Estrada, *Philippine Star*, Feb. 9, 1997

First of all, he (a leader) should be credible not only in what he says but also in what he does. Credibility in word and action. Personal affairs are private matters. I do not put a judgment on affairs of the heart. —Butz Aquino, *Philippine Star*, Feb. 9, 1997

Contemporary leadership seems to be a matter of aligning people toward common goals and empowering them to take the actions needed to reach them. Ultimately that means a leader must become worthy of respect. Your job is to get people to follow you voluntarily. You could do worse than heed the I Ching, a Chinese leadership guide used by Confucius: "Radical changes require adequate authority. A man must have inner strength as well as influential position. What he does must correspond with a high truth ... If a revolution is not founded on such inner truth, the results are bad, and it has no success. For in the end, men will support only those undertakings which they feel instinctively to be just." —Stratford Sherman, *Fortune*, Nov. 27, 1995

A LOOK at what it takes to be a LEADER today



*Views from Business
and the World
- pages 12-13
Spiritual Leadership
pages 14-19*

Are leaders BORN OR TRAINED?

■ I have often pondered the same question. I think the answer is "both". Just as there are natural athletes, musicians, or artists, there are people born with natural ability for leadership and charisma. However, I also believe that almost all people can train themselves to be good, if not outstanding leaders. What is more important than ability is the effort leaders make and the fundamental truths and principles upon which their leadership is based. The most tragic case is a competent leader with a negative way of thinking who leads his or her group astray or into self-destruction.

Sincerity is a quality of good leadership. It begets trust, trust begets respect, and respect enables you to lead your group. We often think of respect as something bestowed upon teachers or professors. It is rather unusual to think of respect as being essential to business executives. However, to bring your subordinates together, draw the very best from them, and develop their abilities, you must share a working relationship based on mutual trust. And this mutual trust cannot occur unless the leader is a considerate person who is sincere and cares about others. —Kazuo Inamori, Founder and Chairman, Kyocera Corporation (Source: *Kauturan Bulletin of BCBP Iloilo*)

Leadership is character. I don't believe leadership can be taught, but it can be learned. 'Teaching' suggests that you have certain concepts you want people to understand, and that's pretty useless in a domain like leadership. Leadership has to do with how people are. You don't teach people a different way of being, you create conditions so they can discover where their natural leadership comes from. —Peter Senge, MIT, author of *The Fifth Discipline*

Here is a list of attributes that may help you coalesce your thinking about the good work of leadership.

Integrity is the linchpin of leadership.

Where integrity is at stake, behavior is the only score that's kept.

Vulnerability.

Vulnerable leaders trust in the abilities of other people. They allow the people who follow them to do their best.

You cannot buy **discernment**; you can find it. Discernment lies somewhere between wisdom and judgment.



Attributes of Leadership

Awareness of the human spirit. In a special way, all the qualities of a good leader stem from this.

Courage in relationships. Followers expect a leader to face up to tough decisions.

You'll find a **sense of humor** essential to living with ambiguity.

Intellectual energy and curiosity. We cannot make good decisions unless we accept the responsibility for learning frantically the things that produce them.

Respect for the future, regard for the present, understanding of the past. Leaders move constantly back and forth between the present and the future. Our perception of each becomes clear and valid if we understand the past.

Predictability. Leaders must be calculable forces in organizations; they are not free to follow a whim.

Breadth. A vision of what an organization can become has room for all contributions from all quarters.

Comfort with ambiguity. Healthy organizations exhibit a degree of chaos. A leader will make some sense of it.

While becoming a good follower is not the only way to become a good leader, it can be very important training. What can a leader learn by walking in the shoes of a follower?

One quickly learns who delivers solutions and who loves to hand over problems. One learns to recognize the difficulty of holding people accountable while giving them space to make mistakes. And one learns the sometimes startling differences between the perceptions of leaders and the everyday realities of followers.

The Lessons of Following

To be sure, leaders owe a great deal to their institutions and their followers. By the same token, followers owe a great deal to their institutions and their leaders.

It seems to me a leader has the right to expect followers to develop a high degree of literacy about the institution; to take responsibility for achieving personal goals; and to become loyal to the idea behind the institution or business, even when unable to agree to all the goals and processes.

What should leaders beware of that inhibits good followership?

Leaders can indulge in crimes of the spirit — cynicism, destructive criticism, personal animosity, gossip — that create an atmosphere in which followers cannot survive, much less perform.

And leaders who expect followers to be mind readers don't produce good second fiddlers; leaders cannot deprive followers of good training, good orientation, and access to necessary information without paying a price.

- Max De Pree, *World Executive's Digest*, June 1994

Unlikely Leaders

Who, Me? A Leader??!

Name: Moses

Age: 80 years old when God tasked him with leading the people out of Egypt.

Profession: Shepherd

Strengths: Close to the Lord
Humble
Forgiving

Personal

Obstacles: Poor self-image, unsure of himself. He had to take his brother, Aaron, with him to Egypt. Hot temper. Weak at delegation. His father-in-law Jethro had to teach him how to manage the people.

**Name: Jeremiah**

Age: Too young to be a prophet.

Profession: Priest and prophet of doom

Strengths: Forthrightness. He called things as he saw them even when he knew that he would be persecuted for it. Commitment to the truth. Optimist. He believed that after the punishment for sins, the Lord would give them a bright future.

Personal

Obstacles: Too sensitive. He wept easily. Had few, if any, real friends.

**Name: Gideon**

Age: He had 70 sons so he couldn't have been too young.

Profession: Farmer

Strengths: Modest. He turned down an offer to be king. Trust in God to make good His promises.

Personal

Obstacles: Skeptical, tested the Lord twice with the fleece. No family connections. His clan was the weakest in the tribe of Manasseh.

**Name: Timothy**

Age: Very young to be leading a Christian congregation in a major urban area like Ephesus.

Profession: Pastor

Strengths: Good training in the Scriptures by his mother and grandmother. A devout and dedicated mentor — Paul.

Personal

Obstacles: Timid and shy. Fragile health.



The Challenge of SPIRITUAL LEADERSHIP

With the wealth of executive and leadership qualities among our BCBP businessmen and professionals, why do our chapter heads often find it difficult to raise up abundant action group leaders, service team heads and other chapter leaders? This article leads us to examine what it means to be a spiritual leader and concludes that, in God's eyes, each one of us is a leader-in-waiting, just waiting for His call.



"I'll help, but don't ask me to lead!" This is the oft repeated refrain we hear when someone is asked to

assume a leadership role in the parish or in their community or in the BCBP. It is ironical when we hear it in the BCBP though, because the membership of the BCBP is supposed to be composed of people of influence and leaders in their respective businesses or professions.

Why then are people, you and I, usually reluctant to step forward when asked to lead in a Christian capacity? Is it because Christianity and business are incompatible? Is it because we are apprehensive of just what our boss — Jesus Christ — may demand from us? Is it because to many of us the concept of submission to Christian authority, although verbalized, is still not yet internalized in our psyche?

What do we mean by leadership?

What really is leadership from the Christian point of view? Part of the problem in defining the qualities of a leader is that we tend to emphasize only the outward manifestations of what the world calls leadership. We look for people with vision, who

exercise faith, can motivate people, mobilize resources, persevere in hard times, administrate well, and please most of the people most of the time. We often overlook the fact that a leader is not necessarily defined by performance or results, but by strength of character. And this holds true whether in the business world or in the Christian community.

Jess Jernigan in an article on Christian leadership (Discipleship Journal #76) defines a leader as *someone who influences others to follow a decision or course of action through strength of character*. He points out that a leader in the biblical sense embodies the combined characteristics of shepherd, steward and servant.

Shepherds focus on nurturing those they lead. Stewards mobilize people and resources to accomplish the task at hand in the way that their boss wants it done. Servants pour their lives into others and the Lord's purposes rather than serving themselves.

Interestingly he concludes that leadership, in this sense, is something everyone can exercise — whether as a parent leading a family, a woman motivating her neighbors to live and share their faith, or a person leading a small household prayer group.

next page pls.



L-1

BCBP Leaders Quiz

How many BCBP leaders and leaders-in-waiting in the pictures on pages 15-18 can you identify? Do you also know their chapter/outreach affiliation? Answers on p. 27



L-2

You make a living by what you get, but you make a life by what you give. -Anon.

Readers Survey

What to you are the most important qualities you expect to see in a BCBP leader?

Christ-like qualities of caring, patience and loving guidance.
P. Beltran, Rizal Chapter

Living out Christian values. Nitz and Ping Ramirez, Rizal Chapter

I expect my leader to be more supportive to his/her members so that we can feel that we really belong to the BCBP family.

Rossa Espiritu, Rizal Chapter

*First and foremost is a strong and unwavering faith in God. Next is a deep spirituality that radiates to his personal and professional life. And lastly is a commitment to the BCBP as an instrument to propagate His Word. **Cherry Cruz, Rizal Chapter***

L-3



L-4



SPIRITUAL... from page 15

What skills make a good leader?

Leadership does require skills, but skills alone don't make a person an effective leader. What distinguishes effective leaders from mediocre leaders? Browse through any bookstore's sections on management and business and you will be overwhelmed by the variety of opinions, fool-proof methods and 'tried-and-tested' programs all aimed at helping you become a leader of men. Most of these depend on two things: your willingness to learn new techniques and your ability to put your learning into practice in your workplace.

Actually if we really pause to examine Jesus' leadership style, we find that He also depends on these two key principles. He asks his disciples to follow Him and learn from Him. Then He sends them out to put into practice what they had learned.

In leading his small band of disciples Jesus focuses on six leadership principles: dependence on God, winning God's approval, modesty instead of blatantly advertising His divinity, empathy with the weak and erring, optimism in God's plan and man's inherent goodness, and the need for anointing by God's Spirit (J. Oswald Sanders, *Spiritual Leadership*).

What kind of leadership changes lives?

I believe that we need leaders who can tolerate diversity. When my husband and I first served as discussion group leaders and later, action group leaders, our group consisted of a Catholic priest who was considering leaving his vocation, a Fundamental evangelist, a banker who wanted to become a lawyer-politician, a retired Navy officer, a well-established businessman-industrialist and an insurance agent seeking the Truth. Talk about diversity!! And yet we met weekly for over three years and enjoyed each other's company every minute of our meetings. We all learned from one another, enhancing our spiritual growth in the process.

Difficult? Yes. But even then Jun and I took inspiration from the best of all examples — Jesus and his disciples. What a variety of personalities and temperaments they were! And yet, what a strong foundation for Christianity they provided the early church.

Effective leaders are able to make the difficult decisions. They know how to develop, train and inspire their followers. They welcome feedback — even unsolicited feedback that can be hard to swallow — and welcome others' opinions and observations.

The bottom line is that effective leaders care about people — not only as ways to get a job done, but as men and women with families and concerns, as children of God, as fellow sojourners along the Christian highway.

There is yet another bottom line to spiritual leadership. A Christian leader must be like a radio or television set — well grounded in the Word of God, with his antenna of prayer stretched upward and tuned in to God. Moreover to insure constant and clear reception, the antenna and parts of the radio or T.V. set must be regularly cleaned by participation in the Sacraments of the Church. And finally, the radio or T.V. set must be turned on and tuned in to the right frequency, God's frequency, Jeremiah 33:3.

Spiritual leadership is upside-down leadership

True spiritual leadership is authoritative, but not authoritarian says Sanders. It is authoritative because it commands the sanction of Scripture and secures the cooperation of the Holy Spirit, but not authoritarian in the sense of exercising an undue influence on the decisions and life-style of other believers.

If we compare spiritual leadership with worldly leadership, we can clearly see the difference.

Leadership is not a role or a reason to "pull rank", expect privileges or put a distance between "me" and "them". Spiritual leadership is a function, a way to build relationships.

Leadership is not a right, it's a responsibility. Leadership is not an automatic claim to the next step up the ladder of power or influence; rather it involves the responsibility to help those on the ladder rungs above and beneath you. As a leader, you have the responsibility to lead by good example.

next page pls.

Sorrow looks back, worry looks around, and faith looks up.

SERVANT - LEADER

*A servant leader is patient and kind.
 A servant leader doesn't envy others or boast.
 A servant leader is not proud or rude,
 does not insist on having his or her own way.
 A servant leader does not become easily angered,
 doesn't hold grudges
 or keep a list of people's past mistakes.
 A servant leader is never happy with any form of evil,
 but is always searching for truth.
 A servant leader always protects others, trusts others,
 and always hopes for the best.
 A servant leader never gives up.*

1 Cor. 13:4-7

Paraphrased by Paul A. Cedar

SPIRITUAL LEADERSHIP... from page 16

Leadership is not just a matter of wielding authority. The good leader seeks to empower his people. He is no longer the "boss" but the "mentor", the "coach", the "facilitator". Jesus turned the traditional leadership concept upside-down when he taught, "You know that the rulers of the Gentiles lord it over them, and their high officials exercise authority over them. Not so with you. Instead, whoever wants to become great among you must be your servant." (Matt. 20:25-26)

Being a spiritual leader is not a popularity contest. Becoming more concerned with image, prestige, or power is the first step a leader takes toward dictatorship. Jesus demonstrated that it is influence, not power, that earns respect.

Spiritual leadership is not a gender, race, or age issue. God doesn't care if you are a man or a woman, if you are black, brown, yellow or white, if you are young or older. He cares about your willingness to enter into His service. All of us are called to serve Him — and that, oftentimes, means leading in one capacity or another.

"I'll help, but don't ask me to lead!"

Can you become a leader when you'd rather fade into the background? Yes,

you can. We just need to face our fears squarely and claim the promise in 2 Timothy 1:7. "For God did not give us a spirit of cowardice [fear] but rather of power and love and self-control."

What common fears do we have to face? Fear of inadequacy, fear of criticism, fear of over-exposure and burnout.

Before I joined the BCBP, I considered my religion a very private affair. I prayed silently, I kept my beliefs to myself, I hesitated to share my life experiences with anyone. I had to struggle to even pray aloud before meals.

Then the time came when I was asked to give my life sharing at the Makati ladies breakfast. I wrote down every word, practically memorized it, suffered sleepless nights and nervous days beforehand, then read it word for word during the breakfast. Not an experience I like to remember!

And then I was asked to emcee — me, who had never done anything like that in my life! Me, who couldn't pray aloud in public! But I learned that one does not refuse when the Lord calls ... and I grew from that experience.

pls. turn to page 19

L-5



L-6



L-7 L-8



Some minds are like concrete — thoroughly mixed and permanently set.

L-9



L-10



L-11



L-12



BOOKSHELF

Some suggestions to read on your journey with Jesus

Jesus, CEO: Using Ancient Wisdom for Visionary Leadership by Laurie Beth Jones. (Hyperion, N.Y., c1995)

How do you avoid energy leaks? Do you really know your resources? How visible are you as a leader? Do you use the WOWSE principle? Do you prefer to spend time with the little guys or the big guys? What tangible things have you given people to remember you by? As a leader, what are you afraid of? What bad things in your life right now could be turned into good? Are you willing to look foolish?

Spiritual Leadership by J. Oswald Sanders. (OMF Literature Inc. Phils. by special arrangement with the Moody Bible Institute of Chicago, c1989)

What makes an effective and inspiring spiritual leader? Sanders begins at the beginning by reviewing the principles of both natural and spiritual leadership. He proposes criteria to use in search for those with leadership potential and reviews in illuminating detail the qualities essential to spiritual leadership interspersing his comments with pithy examples from the lives of godly



Jesus, CEO examines just how Jesus took a bunch of unlikely characters from unknown places and formed them into a team that was able to convey his vision and mission to the world in such a powerful way that now, 2000 years later, we are still being transformed by that message. The dream of every leader!!

The author calls Jesus' leadership style "Omega" management, a leadership style based on three strengths: self-mastery, action and relationships. She identifies 86 aspects in these three areas that influence one's leadership prowess. After a brief discussion of each aspect, a set of reflective questions is given to enable the reader to examine his/her own leadership effectivity in that area. The serious reader can only improve as he absorbs the lessons in this highly readable and interesting book.

leaders.

"Spiritual leadership can be exercised only by Spirit-filled men." To him this is an indispensable quality. He gives tips for the leader on how to nourish such a Spirit-filled life in prayer, use of time and through reading.

Included are chapters discussing the cost, responsibilities and perils of being a leader as well as how to replace and reproduce leaders. He examines the Pauline and Petrine concepts of spiritual leadership and presents Nehemiah as an exemplary leader who was authoritative but not authoritarian.

If you are not yet a leader, this book will help you define and sharpen your leadership potential and skills. If you are already a leader, Sanders will lead you into a deeper appreciation of what it takes to be a true spiritual leader.

MUST reading for the business and/or spiritual leader!

Reading maketh a full man; speaking, a ready man;
writing, an exact man.

- Bacon

SPIRITUAL... from p. 17

Soon after that I was asked to share in the Cebu ladies luncheon. I set aside time for preparation, but that time never materialized because of various urgent business and family pressures for the whole week. I decided to prepare my outline during my flight to Cebu but that didn't happen either as my seatmate was a business friend and wanted to chat the whole way. When I got to Cebu, I was caught up in business meetings until just before the luncheon. No time to prepare even a simple outline!

So I said a short prayer and claimed the promise in 2 Timothy. Then I trusted the Holy Spirit to give me the words to share. And that turned out to be one of the better sharings I have ever given.

When we are asked to lead, we need to allow space for God to work in our lives. Sometimes we get so involved in the details of our service assignment that we forget to step out in faith and let the Holy Spirit take control. Once we take this important step, we open the door to spiritual growth and begin the process of true leadership.

Lead on!

As Christians we must consider ourselves leaders-in-waiting. We await His call to service. But our waiting time must be put to good use in developing our talents and skills, in fine tuning our lives to His frequency, in cleaning and oiling our lives in preparation for the mission papers He has for us. He knows when we are ready even more than we ourselves know; His timing is perfect.

I believe that each one of us can be an effective spiritual leader in the area that God has selected for us. As we come to Him in prayer, through continuing personal and community discernment, and as we grow in understanding how to better use the talents and skills He has given us, then whether we like it or not, whether we protest or not, sooner or later we will find ourselves in a position of leadership.

We can be sure, however, that once this happens we will be able to do whatever is required of us with "strength for everything through Him who empowers" us (Phil. 4:13) and in the process we will come to enjoy being a channel of God's grace for our followers.#

ONE MAN

GIVE ME A MAN OF GOD - ONE MAN,
WHOSE FAITH IS MASTER OF HIS MIND.
AND I WILL RIGHT ALL WRONGS
AND BLESS THE NAME OF ALL MANKIND.

GIVE ME A MAN OF GOD - ONE MAN,
WHOSE TONGUE IS TOUCHED WITH
HEAVEN'S FIRE,
AND I WILL FLAME THE DARKEST HEARTS
WITH HIGH RESOLVE AND CLEAN DESIRE.

GIVE ME A MAN OF GOD - ONE MAN,
ONE MIGHTY PROPHET OF THE LORD,
AND I WILL GIVE YOU PEACE ON EARTH,
BOUGHT WITH A PRAYER AND
NOT A SWORD.

GIVE ME A MAN OF GOD - ONE MAN,
TRUE TO THE VISION THAT HE SEES,
AND I WILL BUILD YOUR BROKEN SHIRES
AND BRING THE NATIONS
TO THEIR KNEES.

GEORGE LIDDELL

How to find your PTZ

Summer is a good time to begin actively exercising if you haven't started already. How hard do you need to exercise? To answer this question, it is important to find your personal training zone or PTZ.

Your personal training zone is determined by subtracting your age from a predetermined maximum heart rate of 220. Physiologists have found that we need to work at 72% of our personal maximum but not exceed 87% in order for a training effect to take place.

Look at the Personal Training Zone chart and follow these directions to determine the upper and lower limits of your PTZ. Then you are all ready to begin (or continue) your health regime to reduce stress, to regulate your weight for those of you who are horizontally enhanced, or to just get a natural high from better blood and oxygen circulation in your body.

1. Find the number along the bottom of the chart that corresponds to your correct age.
2. Follow that line upward until (a) it intersects the line representing

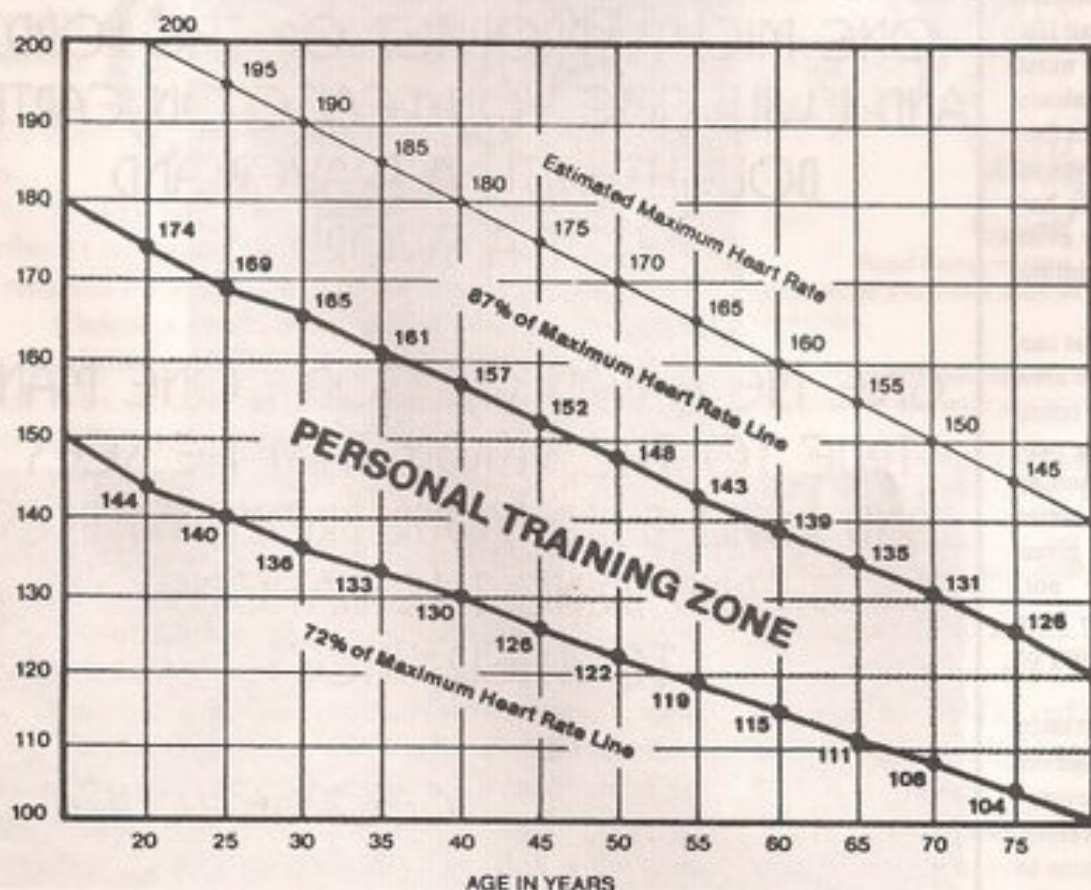
72% of maximum rate (that number is the lower limit, or the exercise heart rate at which you should work to have a training effect take place); (b) it intersects the diagonal line representing 87% of maximum heart rate (that number is the upper limit, or the exercise heart rate at which you will become fatigued and unable to continue the activity).

3. Stay within your PTZ. It is important that you become sensitive to your own body and exercise at the intensity that is neither too light nor too demanding. If your program is too light, you will not see progress and consequently lose interest. However, if your program is too demanding, you may suffer from disturbed rest and sleep, muscle soreness and stiffness, a feeling of tiredness or depression the following day. Another indication that you are over-exerting yourself is that your heart

rate and respiration rates are not back to normal within 15 minutes after your workout.

4. You will get the most beneficial results if you can stay within your PTZ for at least 20 minutes three to four times a week. Depending on your fitness level, it is usually a good idea to allow your body to rest from strenuous exercise on alternate days. However, mild enjoyable exercise — like a brisk 15 min. walk or stretching exercises — is advised on these days just to keep the muscles supple.

5. The last instruction is: Don't give up! You can do it if you just set your mind to it. Start slowly, add a few more minutes every day. And you should begin to see and FEEL results within only a few days.



Attain PTZ for 20 minutes

*From Cries to Kisses**Annie Salvador,
Makati Chapter***EMPOWERMENT 101****What can we do about
Television, Homework, Chores**

I drive my sons to school each morning. We park about fifty meters from their gate and walk together, in single file, looking like Mother Duck with her ducklings. Each boy carries his own stuff: stroller bag, lunch box and water jug.

Unless it's a particularly warm morning or we're parked far away, I turn a deaf ear when they complain about their heavy loads. I want to help them, but my eyes are set on a bigger goal.

It's a jungle out there. We all know that, and much as we love our children and wish to protect them from it, we know that one day, we have to release them into that very jungle to fend for themselves. I see other, bigger schoolboys each morning with yayas and drivers following them, carrying all their school paraphernalia, umbrellas to boot. If that kind of pampering runs consistent through their lifestyles, then my heart cries for them. How will they fare out in the jungle?

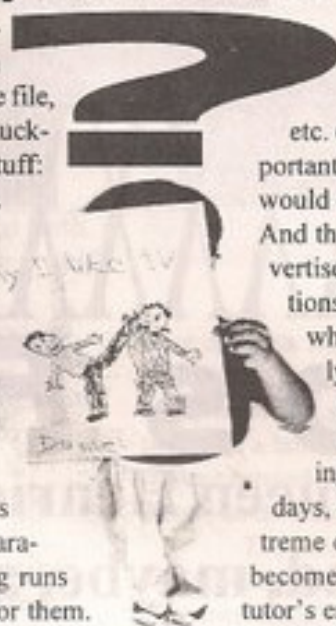
Our parental duty to our children extends beyond providing and caring for them, even beyond loving and respecting them. We have a responsibility to train them for their adulthood, to prepare them for the time when we will no longer be around. That is the bigger goal my eyes are set on each morning as I appear to be insensitive to my sons: I want to empower them.

Perhaps the walk to school is a small thing, but it's just one of the many things we can do to point our children towards being independent, capable and effective grown-ups. We have many opportunities each day to hand our children tools for their lives. Here are three areas which touch us daily and within which we can teach our children so much.

TELEVISION. Personally, I believe that if there is nothing worth watching, then the television should be off. At home, we have a "no TV on schooldays" rule which we find very difficult to impose. When we're not home, when we're elsewhere in the house, sometimes even when we turn our backs, the children manage to turn it on. We've tried pulling the plug and other similar measures, but we discovered that these are, at best, artificial. The TV is here to stay.



Annie and her husband, Nelson, are active members of BCBP Makati chapter and are blessed with five energetic children.



So let's make it a friend instead of an enemy. Whatever your family rules are about TV watching — hours, censorship, permission, etc. (make sure you have them, though), it is very important that we know what our children are watching. It would even be better if we can sit and watch with them.

And then let's discuss and critique these shows and advertisements with our children. Let us ask them questions about what they saw, what they understood and what their opinions are. Let us develop their analytical thinking so that they will learn to be discriminating and not to take things at face value.

HOMEWORK. When I was a little girl, tutoring was the direct result of failing grades. Nowadays, however, because of the study loads and the extreme competition in schools, it seems that tutoring has become very, very curricular. Whatever the reason, the tutor's end purpose is to make himself obsolete.

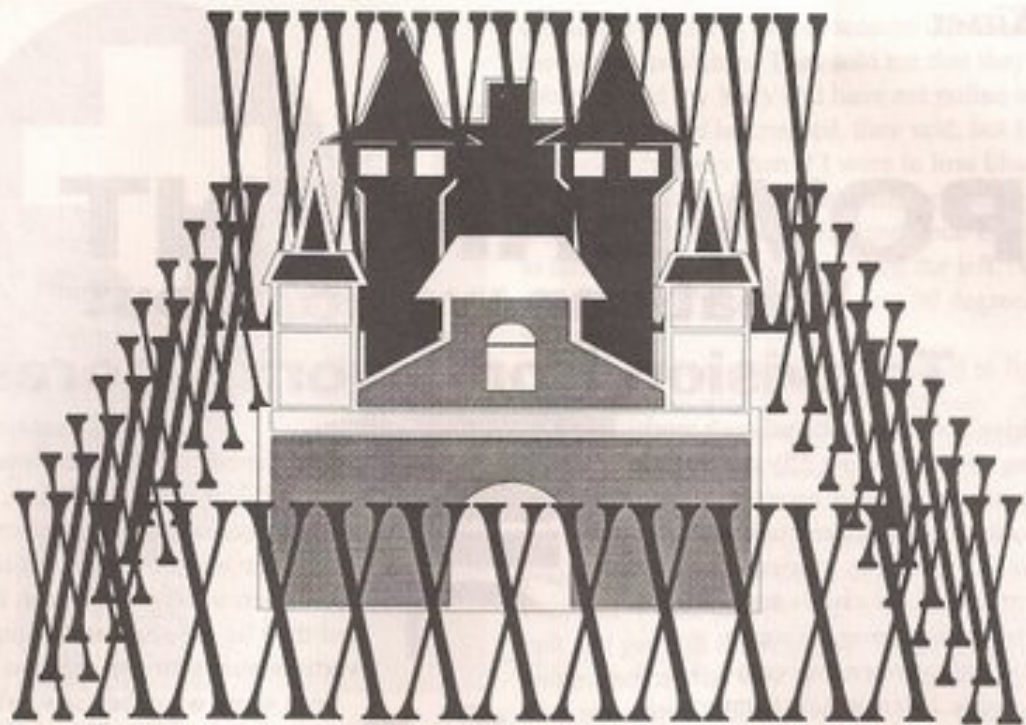
It is perfectly all right to sit in and monitor a first grader's study period, make him reviewers for his exams and inspect his homework everyday, but this type of guidance should lessen as the child grows older. By the mid-grades, a child should have been weaned from tutoring and well into being self-propelling. Otherwise we would be undermining our children's capacities as well as their confidence. The high school freshman who needs Mommy's help to make his book review will be the junior executive who'll call his boss before every decision. And the sixth grader who can't get through his homework without parental prompting will probably not go out looking for a job either without it.

CHORES. One of the most valuable lessons we can impart as parents is the dignity of work. According to our children's ages and their personal gifts, they do chores around the house. Whenever I settle down to cook, Tono comes to volunteer his helping hand. Marga enjoys ministering to little Mia's needs; she would fetch her sister a drink, help put on her sandals or guide her down to the car. Anton makes a very efficient gofer; he delivers stuff to and from our home in the lower floor. Nico can do a very good clean up job out of any messy room.

There can be quite a lot of complaining, but with patience, persistence and not a little ingenuity, the jobs get done. We are trying to teach them that doing chores is not a favor they do for us, but part of their contribution as members of our family. Many a Saturday, we declare clean-up day, and we tackle the walls, or the cars, or the laundry area, or the gate, and end up congratulating ourselves for a job well done.

pls. turn to page 24

Words are windows to the heart.



Who's Free?

A story about Queen Henrietta and her enemy
Caroline — and, maybe, about you and me

Rev. David A. Spaulding

Once upon a time in a magnificent castle in Far Off Land there lived a queen. Queen Henrietta was her name, and she was the most powerful monarch on the face of the earth. She was the sole ruler of her vast and mighty nation — President, Congress and Supreme Court all in one. Her word was Law. Queen Henrietta commanded a large and powerful army that protected her from her enemies abroad and an equally large police force that protected her from her enemies at home.

And so Queen Henrietta lived year after year in her magnificent castle — issuing her edicts and enjoying a life of grace and splendor. Her servants and slaves catered to her every need — the royal seamstress sewed her gowns of the finest fabrics from every corner of the world — the royal chefs prepared new and exotic delicacies for her table — the royal musicians performed every evening as she entertained her officials and ambassadors and the visiting heads of state who came seeking her favor and protection. Life was so good for Henrietta in her palace — and her captain of the guard was so concerned for her safety whenever she left it — that for over twenty years now, she had never once left the castle or its grounds.

In a dark dungeon deep beneath the foundations of Queen Henrietta's castle lived another woman named Caroline. For twenty years Caroline had lived in her tiny cell, only seeing the full light of day a few times a year — during planting and harvest seasons when there was so much work to be done in the fields that even the pris-

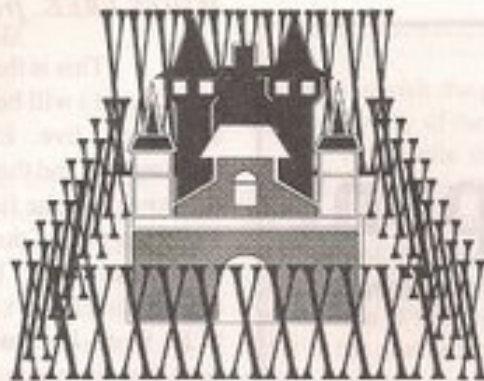
oners were taken from their dungeons to labor in chains alongside the queen's slaves.

The years had been hard on Caroline. Her health had been broken by too many years of darkness and malnutrition and winters in her cold, damp cell. Although she was still fairly young, Caroline was toothless and bent over from the hardships she had endured. As a young woman Caroline had been unjustly arrested for a crime she didn't commit and sentenced to a life term in the royal dungeon. All of her appeals had been rejected many years ago and Caroline fully expected to live out the rest of her days as a prisoner.

Caroline was, in fact, a most remarkable woman. Despite her many years of suffering, and the injustices and abuses she had endured, there was still a gleam in her eye and a gentle smile on her lips — and she always had a kind word to speak to her fellow prisoners and even to the cruelest of the prison guards. When epidemics struck the dungeons she begged permission of the guards to nurse the other prisoners, sitting up all night tending to their fevers and holding their hands, giving them her own meager portions of food to bolster their strength. She was known among the prisoners and guards as a person of great piety as well — so much so that they called her the "holy woman". Late at night in the quiet of the dungeon her gentle voice could often be heard lifted up in song — singing the hymns of God's mercy and grace she had learned in childhood — or reciting the prayers and psalms she had memorized as a little girl.

next page pls.

Caroline's reputation was such that she was even known to the queen herself. Queen Henrietta, despite all her royal power, was subject to periods of deep loneliness and despair. The burdens of rule weighed heavily on her shoulders. A neighboring king would try to seize some far off corner of her empire, and she would have to order her army into battle knowing that thousands of young men would die leaving widows and orphans to grieve for them. Or a rebellion would spring up within her own borders — and she would have no choice but to send in her secret police to arrest and torture and execute, whatever was needed to preserve her royal rule. And some days she was just simply worn down by all the demands placed upon her by her advisors and courtiers, their petty infighting and palace intrigues.



In some of her deepest moments of despair, Queen Henrietta would send to the dungeon for the prisoner Caroline. The guards would bring her up and the queen's maids would bathe her and dress her in clean clothes and lead her into the queen's presence.

"Sing me some of those old hymns," Queen Henrietta would say.

As Caroline would sing, the queen would close her eyes and drink up the beauty of her thin but steady voice and the simple power of the words of the old songs. Sometimes her eyes would fill with tears as she listened, and sometimes the corners of her mouth would turn up in a smile, and every so often she would even raise up her own rich soprano voice in harmony with the gray-haired and toothless woman sitting on the couch beside her. When she would reluctantly send Caroline away, the queen's spirit would be refreshed and her burdens would feel lighter for a while.

One day a report came to the queen that a prophet had appeared at the palace gates requesting an audience with Her Royal Highness. Queen Henrietta had heard of this prophet before. She had been told about him many times in her daily security briefings by the captain of the guard. He traveled around her realm speaking the Word of God with authority and attracting a large following among the people. The Religious Affairs Bureau and the secret police had been keeping an eye on him — and although they were concerned about the crowds he attracted, they did not at this time believe that he was a threat to national security.

When the queen said she was interested in hearing from this man who now stood outside her gate, her advisors reluctantly agreed to humor her and honor her wishes, as long as they were allowed to have a large security detail on hand inside the throne room. When all the appropriate arrangements had been made for this audience, Queen Henrietta's palace guards ushered the prophet into the queen's presence.

The prophet dressed and carried himself like a simple peasant. But when he approached the queen and she met his deep and

penetrating eyes with hers, she felt as though he could see right into the depths of her soul. The prophet bowed in a gesture of respect and then with no other preliminaries whatsoever began to speak.

"As I entered the gates of this palace, Your Highness, I perceived that this is not merely a palace but a prison. And the Spirit of God spoke within my spirit, and the word of God came to me. There are many prisoners locked in the dungeons of this palace, but there is one prisoner in particular that God especially longs to see set free. Furthermore, O Queen, you already know who that prisoner is. And so the Lord commands you to do what is good in his sight and set this prisoner free. If you will allow me, I will come back at this same time tomorrow to hear what you have decided to do."

Queen Henrietta was left speechless by this surprising message — but her chief advisor quickly sized up the situation and sent the prophet and all the guards away. After they left, and the queen had found her voice again, she ordered her chief advisor to cancel her schedule for the day, and she withdrew into her private chambers to consider the prophet's words.

"Who is this prisoner that I am to set free?" she asked herself, "And what does he mean that I already know? There are so many prisoners in my dungeons." In her perplexity she bowed her head and tried to pray but her spirit was not quiet enough, and no words or even thoughts would come.

"Maybe I should call for the holy woman, she could help me pray!"

And then it occurred to her. There was no one who deserved freedom more than Caroline! Nobody could even remember why she had been arrested so many years ago, and she had been such a model prisoner that she probably should have pardoned Caroline long before this. To be honest, the only reason the queen had kept her around was so Caroline could come and sing her songs and soothe her troubled spirit.

Queen Henrietta rang a bell and her chief advisor appeared in a matter of moments.

"Prepare a royal decree," she commanded, "declaring that the prisoner Caroline, having served many years of punishment for her crimes, is hereby set free. And in recognition of her good behavior and special service to the queen, she is to be sent to live in a cottage on the royal estate and given a modest stipend from the royal treasury that she might live out the rest of her days in peace. When the document is prepared have Caroline bathed and fed and brought here to me, that I might give her the decree myself."

In a matter of a few hours, Caroline sat once again in the queen's chamber. Queen Henrietta entered the room and came and sat beside Caroline on the couch as she always did, and as always Caroline asked, "What would you like me to sing today, ma'am?"

But the queen silenced her and placed the parchment document in her hands.

"You may not be able to read this," the queen began, "but you are holding a royal decree sealed by my own hand, declaring that you are now and forever more shall be free!" And she went on to explain the terms of the decree and told her about the prophet who had come to the palace that morning.

Years came into Caroline's eyes as she looked at the parchment scroll in her hands. Then after several moments of silence, Caroline began to speak. *next page pls.*

It isn't difficult to make a mountain out of a molehill. Just add a little dirt.

One-Minute Meditations

Fernando de Larrazabal

Identify and Repent

In the course of the meal he said, "I assure you, one of you is about to betray me."

Matthew 26:21

During the Last Supper, Jesus predicts that he would be betrayed by one of group. Each apostle responds by asking Jesus whether he is the one. Judas is to be the one who later on betrays Jesus. He had shared three years of his life with Jesus before this treachery.

Acceptance of the Lord's kingship is not a temporary commitment; it is an affirmation to accept a way of life by always doing the will of the Father. How many of you can identify themselves with Judas? Have you committed the same sins of pride, greed, selfish ambitions, and cowardly betrayed Jesus?

Jesus is captured by his enemies in the garden of Gethsemani, and all his disciples, in fear, cowardly desert him and flee (Matt. 27:56). How many can identify themselves with this cowardly act? Have you turned your back on Jesus by failing to stand up for what is right or failing to comply with your Christian commitments?

Jesus is brought before Pontius Pilate who judges him innocent (Luke

23:14). Nevertheless, for fear of the Jewish mob, he sentences Jesus to death. To clear his conscience, Pilate washes his hands and blames his decision on the Jews. Can you identify yourself with Pilate? Many who profess to be good Christians have washed their hands of their responsibilities and duties, for fear of consequences.

Peter, the man Jesus chose to lead his Church, denied knowing Jesus, three times. How often have you denied Jesus, not three times but many times over, by your sins? Can you identify with Peter's denial? Every time we commit a sin we deny Jesus' authority over us.

As we identify ourselves with any of the above, there is an available option open to us, which is — to repent and ask for forgiveness.

Prayer

Dear Jesus, as I reflect on my past, I can only say how sorry I am for the number of times I have denied you. I am thankful, dear Lord, for the patience you have shown me. I want to turn over a new leaf and lead the life you want me to have. I pray for the grace I need to change and never more deny you. Amen.



Fernando de Larrazabal, better known in the BCBP as Tito Larry, has been with the Brotherhood since its beginning 17 years ago. He currently serves on the National Council as Director for Luzon chapters and outreaches.

"This is the most wonderful day of my life and I will be grateful for this gift for as long as I live. Every day I will treasure the sunshine and the singing of the birds and the flowers in the fields. I will even rejoice in the warmth of the fireplace on the harshest winter days. But you should know, ma'am, that I don't need any of these things to be free. I already am free, and I have been free for many, many years

"You see, when I was first put into the dungeon I was angry and bitter. I hated you and swore vengeance against you. I hated the guards and their cruelty. I hated the hunger and the filth. But I never gave up praying, and one day as I was praying I realized that even though I was sitting in your dungeon I really was free. That no matter where I was and no matter what earthly powers might oppress me, as long as I could love the Lord my God with all my heart and soul and mind and strength, and love my neighbor as myself — as long as I could take my life and offer it to God in his service — I was free.

"And as I began looking beyond myself, and began caring for my fellow prisoners, and even for the guards and finally even for you — my more bitter enemy — gradually I discovered that I was indeed free. And I found that I could sing again, and that even though my body was wasting away I was more alive — and more free — than I had ever been before. God has given me a gift of freedom that no one else can give or take away."

Now it was Queen Henrietta's turn to weep — but her heart was also filled with unexpected joy as her servants took Caroline away to her new home.

The queen spent a sleepless night, now not only pondering the prophet's words, but Caroline's, too. Was Caroline the person the prophet had spoken of? Or was it somebody else? What would she have to say to the prophet — and to God — in the morning?

Early in the morning, barely after sunrise, the queen's chamberlain, seeing the light under the queen's door, knocked and

pls. turn to page 26

EMPOWERMENT... fr. p. 21

Let's be generous with compliments: our children flourish when we praise them for their efforts. A feeling of accom-

plishment will give them a sense of well-being that no material reward can match.

All of the above takes considerable time and effort, but the pay-off is well worth it. Lessons on critical thinking, diligence

and self-discipline will be legacies that our children can make use of and profit from and pass on to their own. Childhood after all is an apprenticeship for adulthood. Let us make it worth our children's while.#

Horizontally enhanced: the polite term for your middle age spread

Following the success of the retreat conducted for chapter and outreach heads last year, the National Council moved on to undertake yet another retreat, this time involving the mission and chapter life directors.

Fr. Herb Schneider, BCBP spiritual director, led the mission and chapter life directors in a retreat that gave them a deeper insight of the task laid before them. The retreat held last February 7 - 9 at the Meralco Foundation in Talisay, Batangas was attended by 37 mission and chapter life directors from all over the country.

The retreat started with a session enumerating the basic duties and responsibilities of the mission director and the chapter life director.

In this session it was stressed that the main function of the mission director is the conversion of the business people into Christian life, while the chapter life director seeks to deepen this conversion into a life of discipleship.

To fully understand this task and the hardships that are bound to be encountered in its undertaking, Fr. Herb cited Revelations 12, 13, 17 and 18, and Matthew 20: 2-28. These verses spell out the victory of Jesus in the Cross and His entry to Heaven, the description of the city of this world (Babylon), a description of the destruction of this world and those who grieved over its destruction, and how the devil waged war against those who follow Christ.

Using these Scriptural incidents, Fr. Herb then asked the leaders to see the world today and learn and understand the depth of conversion needed in order for Christ to rule the marketplace.

The world today is very much the same as that of the City of Babylon, a world that draws its power from economics and politics.

As an advocate of Christian values in business and the profession, BCBP is called upon to work its way into this world of power, politics and economics, with the ultimate goal of installing Christ as the true ruler and lord. This then implies, Fr. Herb emphasized, that we in the BCBP are on the right track. What we are doing in evangelizing the marketplace is the way to conversion. "Hard as it may be, we shall be fully rewarded and proven true in the end," he said.

Mission and Chapter Life Directors Retreat:

"Servanthood is the yardstick of leadership"



Participants to the first Mission and Chapter Life Directors Retreat with Fr. Herb Schneider, BCBP Spiritual Director.

The leaders then were drawn into a better understanding of what true discipleship is - to follow the footsteps of Christ.

Fr. Herb emphasized that servanthood is the measuring stick of leadership and used Ephesians 6:8, Colosians 4:1, Matthew 24: 45-51 and Acts 20:26 in describing the Christian leadership paradigm.

From these Bible verses, the mission and chapter life directors drew forth basic elements of Christian leadership. With the source of authority and power of the Christian leader being the Lord through the Holy Spirit the Christian leader makes his influence felt by doing the right things, by being holy and righteous in his dealings, exercising humility, serving others and being "other-centered." The Christian leader in the world must make a difference by living out Christian tenets and values and being an example through actions, words and thoughts.

The retreatants were then led in a discussion on the symbols and ways of Christian power and leadership patterns.

In conclusion, Fr. Herb challenged the mission and chapter life directors to look into the present practices being undertaken in the different activities of the BCBP in their respective chapters/outreaches. "What can you do to improve the breakfast; what can you do to make certain that the participants in the BCLP understand what it means to put aside the values of the world for Christ," he asked. "Look into the different formation programs of the BCBP make sure they are actually lived out," he advised.

Finally, the mission and chapter life directors were warned not to become complacent but to be awake and alert on the job, using their gifts to bring about the kind of conversion God wants for people in the marketplace. -S.M.U.

Mactan is BCBP's 16th chapter



The National Council headed by president Manny Banigan, installed Mactan Outreach as the 16th chapter of the Brotherhood, in a colorful program last February 22, 1997.

The occasion was also joined in by Cebu Chapter which celebrated its 9th anniversary.

Casi Nadela, erstwhile outreach head was installed as the Mactan chapter head with Nelson Daus and Hector Tifa as Mission and Chapter Life Directors respectively.

The activity was graced by National Council members, Bobby Laviña, Rolly Ona and Secretary General, Sammy Ulanday, together with delegations from the different chapters and outreaches of the Vismin area.

A celebration of the Holy Eucharist highlighted the affair followed by presentations by the Cebu Chapter, brothers and sisters from Mactan Air Base and BCBP-Ormoc, Mactan's outreach.

Mactan music ministry presented a special number capping the program.

17 form BCBP Lawyer's Guild

Headed by National president Manny Banigan, seventeen BCBP member-lawyers gathered together in a visioning retreat last March 14 - 15 to establish the Lawyer's Guild of the Brotherhood. The retreat was facilitated by Hermy Rodil of the Las Piñas Chapter

The guild shall be officially known as The Brotherhood of Christian Lawyers Philippines, Inc. The new guild members formed their mission statement. It states: "Centered in Christ and founded in Truth, Justice, Moral Integrity, Fortitude and Professional Excellence, We will: 1. Practice the legal profession guided by the Gospel values of Christ; 2. Defend and preserve the sanctity of the Family; 3. Support and obey the Constitution and just laws; 4. Promote faithful adherence to legal and judicial ethics; 5. Counsel and assist clients in a spirit of conciliation, honesty and service."

The guild's vision statement is: "Full life in Christ for all lawyers exemplified through a continuing process of: *Witnessing* to Christ as the Way, the Truth and the Life in the Bench and Bar; *Advocacy* of Gospel reforms in the political, economic and cultural life of the nation; *Sharing* of Christian principles of justice, morality and equity with clients and all men."

Banigan hopes that the Lawyers Guild shall serve as a model for the other professions to establish their own guilds in the future.

WHO'S FREE... from p. 23

gave her a message from the captain of the royal guard. The prophet was once again standing outside the palace gate. Should they just send the pest away, or was it time for them to take a firmer hand with him?

The queen sent an order to the captain to have the prophet brought to her chamber where she would receive him in a private audience. He — or anyone else for that matter — could protest all they wanted, this was the queen's command and it was to be obeyed!!

Within a few minutes, the prophet was standing before Queen Henrietta. He said, "All heaven rejoiced last night when the castle gates opened and that good woman, Caroline, walked through them.

She is a rare treasure in the kingdom of God. But I can tell that you already know that Caroline is not the prisoner of whom God spoke."

"Yes," she said, "I know now that the name of that prisoner is Henrietta. I am Queen of all the Realm, but a prisoner in this palace still the same. But please tell me, sir, who will set me free?"

Then Jesus said to the Jews who had believed in Him. "If you continue in my word, you are truly my disciples; and you will know the truth, and the truth will make you free." They answered, "We are descendants of Abraham and have never been slaves of anyone. What do you mean by saying, 'You will be made free?'"

Jesus answered them, "Very truly, I tell you, everyone who commits sin is a slave to sin. The slave does not have a permanent place in the household; the son has a permanent place there forever. So if the Son makes you free, you will be free indeed." John 8:31-36

Rev. David A. Spaulding is pastor of the Chazy Presbyterian Church, a small but vibrant church in the upper Champlain Valley, New York State. My Mom attends this church and sends me copies of his creative and inspiring Sunday sermons. - Nancy R. Catan

A successful marriage isn't finding the right person, it's being the right person.

Never a dull moment when Nap is around

"Blessed is the man who trusts in the Lord, whose hope is in the Lord, he is like a tree planted beside the waters that stretches out its roots to the stream; It fears not the heat when it comes, its leaves stay green; In the year of drought it shows no distress, but still bears fruit. I, the Lord, alone probe the mind and test the heart, to reward everyone according to this ways, according to the merit of his deeds." Jr. 17:7-8,10.

"Never a dull moment when Nap is around." This is the cliché the members of the Cebu chapter coined for Bro. Abelardo "Nap" Polotan.

When not doing chores in mission services or playing his fiddle, Nap cracked jokes endlessly to the delight and entertainment of those around him. His antics and gigs gave life to otherwise exhausting mission work. That was Nap Polotan, the fiddler player, the joker, a true Christian worker.

Nap joined the Catholic charismatic renewal movement in 1981 and found the "Pearl of great price" (Mt. 13:45-46) in the Lord Jesus Christ. He did not keep it to himself but shared it with everyone he met. He made sure that his wife Tellie and children - E.J., Tippi, Jourdan and Iris also joined the movement. His major involvement was in the prison ministry.

Despite some of his children still being in college, he retired from active professional work in 1985 and devoted his time in serving the Lord. He sought first the Kingdom of God and all else followed (Mt. 6:33). Silver and gold, he had none (Acts 3:6) but he gave them good education, good health and a God-centered way of living, true legacies his family is very proud of.

He attended his first BCBP breakfast on April 18, 1988 upon invitation of his son Jourdan (an Ateneo CYA graduate), a member of the original core group who headed the music ministry. He and son Jourdan are also among the 51 graduates of Cebu BCLP 1 held October 21 to November 5, 1988. In the following BCLP 2, Nap invited his wife Tellie and children E.J. and Iris to join. E.J. and Iris were both responsible in nurturing CYA Cebu, with E.J. be-

coming now became CYA Eastern Visayas sector head and Iris joining Lingkod ng Panginoon. Tippi attended BCLP 4, and together with daughter-in-laws, Janice and Jingle, Nap's entire family are now active members of the BCBP and other renewal groups.

Nap's commitment to serve the Lord in mission work started when he, together with Ed Lising and Romy Du formed the first team in establishing Cagayan de Oro, Cebu's first outreach. Nap was its BCLP 1 course leader. Then Nap joined the mission teams in Maasin, Davao, Tacloban and Butuan. He was always around, with his violin and bag-full of jokes in the launching of breakfasts in new outreaches in the Visayas and Mindanao.

In early 1995, Nap became sick for about three months with what was earlier thought of as emotional stress and hyperacidity. Putting his full trust in the Lord, he refused complete medical examination.

Recovering from his illness in 1995, BCBP loaned him and Tellie to assist in establishing FAMILIA in Cebu. They then returned to serve in the BCBP and looked forward to the projected opening of an outreach in Manado, Indonesia. Nap served in the music ministry as a violin player - the only one in the entire Brotherhood, as first secretary and among the first hands in the publication of Kaigsu-onan. He established and headed the book table, served as the Church liaison, headed the Liturgical ministry, served as action group leader, unit leader, breakfast emcee, BCLP speaker, and Mass lector in the Pink sister Chapel.

He not only gave his time and talent but also his treasure. With their limited income from the book table, Nap and Tellie gave their tithes regularly. He showed everyone how to be poor but still live in abundance. His only luxury in life was ice cream and durian.



One cannot help but be inspired by a simple man such as Nap who had such zeal and joy in service, the courage to talk to complete strangers in airports, piers, public places, and deliver the Gospel on a one-on-one approach, the energy to ensure that the mission team particularly the elders are travelling in comfort.

Nap has gone ahead of us. This year on February 21, 1997 Nap's violin was finally silent and his bag of jokes closed for this world. But we know he is up there interceding and preparing the way for us. And at the end of our time, if we had carry on and fulfill our common dreams and task of expanding God's kingdom in this world, we shall once again hear his jokes and the music of his violin.

Godspeed Nap. We love you.

- S. Saguisag

Answer to the Leaders' Quiz:

L-1-Bobby Borromeo, Iligan OH; L-2-Danny Lazo, Sn Fernando OH; L-3-Charlie Carballo, Alabang CH; L-4-Jess Paras, CDO CLD; L-5- Tony Garcia, Davao OH; L-6-Chuck Colayco, Parañaque CH; L-7, L-8- Art Legarde Bacolod South CH, Jun Vargas, Bacolod South MD; L-9- Rolly Aberion, Council Member - Director for Training and Teaching; L-10- Peter Dejaresco, Tagbilaran CH; L-11- Rudy Flores, Makati Chapter MD; L-12- Orly Ramos, Davao MD.

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The KAPATIRAN Magazine is the official publication of the Brotherhood of Christian Businessmen and Professionals. It is published once every two months in the Philippines with editorial and business offices at Rm 22 P & L Condominium, #598 South Super Highway cor. Arellano Ave., Palanan, Makati City, Metro Manila with Tel. Nos. 804-0611 to 12 loc. 209, DL/TeleFax No. 551-1973 and Fax Nos. 521-5645, or E-Mail Address: bcbp-nc@i-manila.com.ph. Contributions are encouraged, however, they shall be subject to editing and selection. Pictures and illustrations are welcome.

UP NEXT

MAY - JUNE

Deadline: April 18, 1997

Features:

17th National Assembly

Readers Survey:

What is the most important lesson you learned from your mother?
... from your father?



JUL. - AUG. Issue

Deadline: June 16, 1997

Features:

Worship & Music

Readers Survey:

What song uplifts your spirit when you feel "down"?
What song brings you most quickly into the Lord's presence?

VENUES

MEN'S BREAKFASTS (7:30 a.m.)

Wednesdays - MAKATI: Makati Sports Club, Makati

Thursdays - GREENHILLS: Club Filipino, Greenhills

Fridays - MANILA: Racks, Remedios Circle, Malate, Mla.

Saturdays

ALABANG: Ayala Alabang Country Club, Muntinlupa

BACOLOD: Roli's, La Salle, Bacolod

BAGUIO: Prime Hotel Session Rd., Baguio (2nd & 4th Sat)

BAYBAY: Angelicum (1st and 2nd Saturday)

BUKIDNON: Taipan Restaurant, Valencia (1st Saturday)

Pines Hotel, Malaybalay (3rd Saturday)

CAGAYAN DE ORO: Consuelo Steak House, Corales St., Cagayan de Oro City

CALAMBA: Max's Restaurant

CEBU: Ding Qua-Qua Rest. - Gen. Macilom Ave., Cebu City

DAVAO: Terraza Millesa (2nd/4th Sats.)

DUMAGUETE: OK Pensione House (1st/3rd Sats.)

ILIGAN: Maria Cristina Hotel (2nd, 4th Sats.)

ILOILO: Amigo Terraces Hotel

LAS PIÑAS: Italia Club 500, BF Resort, Las Piñas

LEGASPI: Albay Hotel - Legaspi City (2nd Sat.)

LUCENA: Cherry Blossom Restaurant (every other Sat)

MAASIN: Valteviran Rest.,

Leyte (1st Sat.)

MACTAN: Flormond Hotel, Cebu (1st & 3rd. Sats.)

OZAMIS: 1st and 3rd Saturday

PARAÑAQUE: Little Quiapo

BF Parañaque

PUERTO PRINCESA:

Asiaworld Resort Hotel

QUEZON CITY: Terrace Grill, 119 Roces Ave. near cor. Morato

RIZAL: View Square,

Sumulong Highway,

Antipolo

TACLOBAN: Don's Cabin,

Justice Ramualdez St. (2nd/4th Sats.)

TAGBILARAN: Mel's Kainan

(2nd/4th Sats.)

MEN'S LUNCHEON (12:00 noon)

Saturdays - DAGUPAN:

Celebrity House, Arellano St.

Where will be the next BCBP Breakfast venue? The Brotherhood has grown so much in the last 17 years and is still growing.

MEN'S MERIENDA (4:00 p.m.)

Saturdays - TUGUEGARAO: Marilyn's Restaurant (2nd, 4th Sats.)

LADIES' BREAKFASTS (7:30 a.m.)

Wednesdays - MAKATI: Makati Sports Club (2nd Wed.)

Saturdays

ALABANG: Ayala Alabang Country Club (2nd Sat.)

BACOLOD: Qum, La Salle, Bacolod City (2nd Sat.)

CAGAYAN DE ORO: Tia Nanang Corales St., CDO (2nd/3rd Sats.)

CEBU: Ding Qua Qua Rest. (1st/3rd Sat.)

ILOILO: Amigo Terraces Hotel (last Sat.)

LAS PIÑAS: Italia Club 500 (3rd Sat.)

LEGASPI: El Sid Cafe (4th Sat.)

PARAÑAQUE: Little Quiapo, Aguirre St (4th Sat.)

QUEZON CITY: Terrace Grill (2nd Sat.)

RIZAL: Valley Golf and CC, Antipolo (1st Sat.)

LADIES' LUNCHEON (12:00 nn)

Mondays - GREENHILLS: Casa Nila, Fe-Luisa Bldg,

Greenhills Commercial Center (3rd Mon.)

JOINT BREAKFASTS (7:30 a.m.)

Wednesdays - MAKATI: Makati Sports Club, (1st Wed.)

Thursdays - GREENHILLS: Club Filipino (1st Thurs.)

Fridays - MANILA, Racks, Remedios Circle, Malate, Manila

Saturdays

ALABANG: Ayala Alabang Country Club (4th Sat.)

BUTUAN CITY: Echelon Hotel (2nd and 4th Saturday)

CAGAYAN DE ORO: Silver Court, Capt. Vicente Roa St.,

Cogon CDO (3rd Sat.)

RIZAL: View Square Sumulong Highway, Antipolo (3rd Sat)

CAVITE CITY: Patio Encarnacion, Cavite City (3rd Sat.)

DAGUPAN: Celebrity House, Arellano St. (3rd Sat.)

LAS PIÑAS: Italia Club 500 (1st Sat.)

LEGASPI: Albay Hotel, Legaspi City (2th Sat)

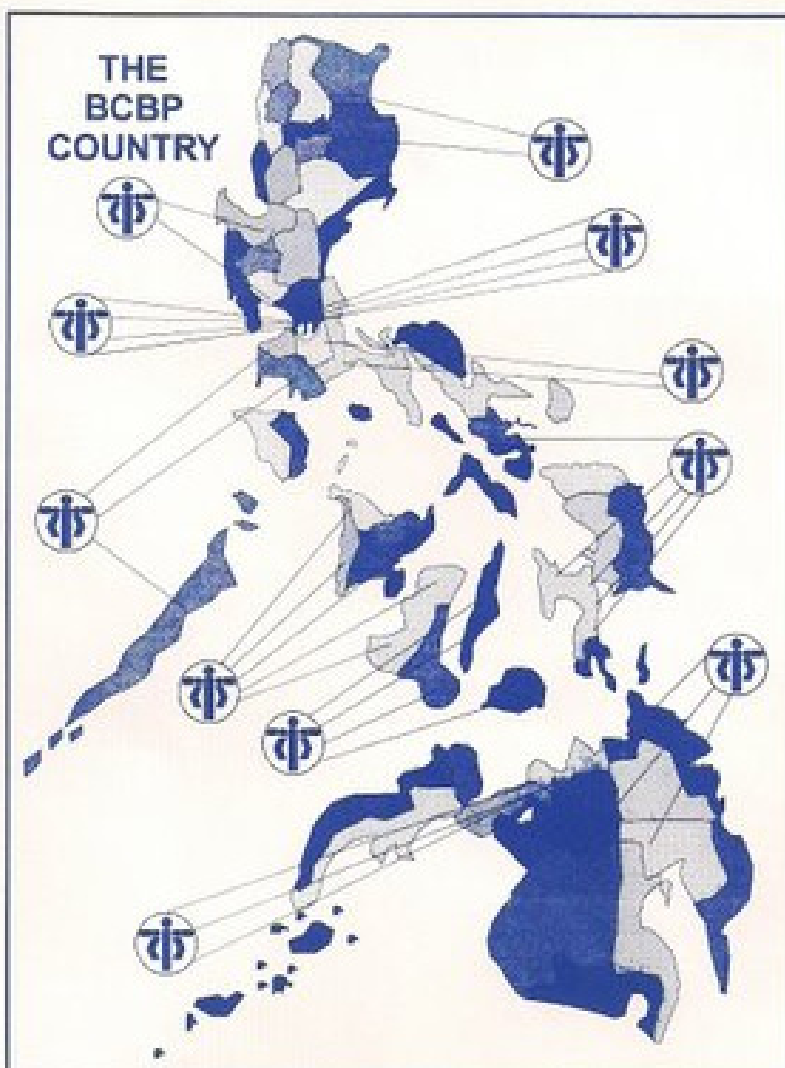
MACTAN: Flormond Hotel (2nd & 4th Sat.)

PARAÑAQUE: Center Mall, Pres. Ave. BF (2nd. Sat.)

QUEZON CITY: Terrace Grill, (4th Sat)

RIZAL: Valley Golf and CC, Antipolo (3rd Sat.)

SAN FERNANDO: Cafe Rustico, Olongapo-Gapan Rd.



To date, BCBP can be found in 37 strategic cities and municipalities nationwide covering 22 provinces and 23 dioceses.

THE BCBP COUNTRY

