

MAR. - APR., 1998

FOCUS: THE CHRISTIAN AT WORK

KAPATI RAN

VOL. XII, NO. 2



BROTHERHOOD OF CHRISTIAN BUSINESSMEN AND PROFESSIONALS

VIEWS

3 **Editorial: The Written Word: our responsibility**

by Ronnie Caballero

We want every chapter and outreach to be fully featured in the Kapatiran.

5 **From My Desktop Files: Even at the time of death, God answers prayers**

by Sammy Ulanday

This episode in Sammy's life, just like many others, has once again been an occasion chosen by God to manifest His love.

11 **In the Marketplace: What can one person do?**

by Eddie Mendoza

Here are seven practical things we can do to confront the evil in the marketplace. Eddie expands his column in this issue into a full length "focus" feature.



REGULARS

1 **Contents, Editor's Note, Up Next**

4 **Bookshelf**

24 **Group Dynamics: Games for summer**

Bible Sharing: Be transformed!

25 **Back to Basics: Being filled with the Holy Spirit**

by Nancy R. Catan

Before God can fill us with Himself, we must first be emptied of ourselves.

28 **One Minute Meditation: All belong to God**

by Fernando de Larrazabal

32 **Thoughts and Quotes: Polishing** by Nitz Butao

32 **Musings: Late have I loved Thee** by Cynthia Matas

36 **Columnists Corner**



OTHERS

22 **Sniglets and Isniglets**

27 **Simplicity**

28 **Crisis and the Holy Spirit**

32 **Superior man versus inferior man** by Lau Tzu

35 **God also speaks through the Internet**

36 **Eternal Flame**

KAPATIRAN Magazine

VOL. XII, NO. 2 MAR. - APR., 1998

EDITORIAL BOARD

Manny Banigan

Fernando de Larrazabal

Nancy R. Catan

MANAGING EDITOR

Ronnie Caballero

ASSOCIATE EDITOR

Sammy M. Ulanday

GRAPHICS CONSULTANT

Rudy Flores

NEWS AND INFORMATION

TEAM HEADS

ALABANG *Maris Cardema*

BACOLOD NORTH *Karina M. Jugo*

BACOLOD SOUTH *Theresa "Ating"*

Jochico

BAGUIO *Cecilia Estrada-*

Castro

CEBU *Tisha Lloren*

DAVAO *Tess Llacer*

CAGAYAN DE

ORO *Pinky Lim*

DAGUPAN *Ted Siapno*

GREENHILLS *Johnny Filart*

ILOILO *Ellen Certeza*

LAS PIÑAS *Bong Lodero*

Jun Medina

LEGASPI *Marjorie Goncena*

MACTAN *Hannah Alcosaba*

MAKATI *Annie Salvador*

Danny Silbor

PARAÑAQUE *Chuck Colayco*

QUEZON CITY *Ric Galing*

RIZAL *Jess Sundiam*

TACLOBAN *Wilfred Maneja*

Cris Tiin

TAGBILARAN *Jun Amora*

TUGUEGARAO *Nene de Leon*

PRINTER - *Milcar Printers: Oca and*

Mila Balaoing

Our Core Values

LOVE FOR GOD, LOVE FOR COMMUNITY, COMMITMENT TO THE LORD'S WORK

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. 31 P & L Condominium, #5598 South Super Highway corner Arellano Avenue, Palanan, Makati City, Metro Manila with Tel. Nos. 804-0611 - 12 loc. 216 & 242, DL/Telefax No. 551-1973 and Fax No. 521-5645, 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.



At last, summer is here. For the Metro-Manilans it is a brief reprieve from heavier traffic with the student population at home. But more importantly, it is time to catch up with the quality and quantity of family time. Likewise, the Centennial celebrations are just around the corner. Like millions of others, I had no interest at all in the event, better left to the politicians who concocted it. However, in the sharings you will read how God has used the above events to speak to our hearts once again.

The focus for this issue is THE CHRISTIAN AT WORK. This truly is a better time to sit back in the hot summer months while we are recharging to reflect on and ponder our own work situation, for one, if it glorifies the Lord or not. Some other aspects of work we also present for deeper introspection. Admittedly, this focus is quite limited in the sense that since it is our forte being in the marketplace, we should have more sharings and experiences about the reality of work today. And I do hope to be able to challenge all of us to do our part in evangelizing the marketplace by sharing our experiences in the Kapatiran, making this our personal mission.

While the 18th BCBP Anniversary is around the corner, my prayer is for more boldness in presenting the victories and struggles of BCBP brothers and sisters for the good of the gospel. At this particular time when we ponder where the BCBP is and where it is going I believe it is worthwhile saying that we have fought a good fight for the Lord and that we are still with him for the long run for as long as it takes. Lift high the banners of Love! Alleluia!

RONNIE CABALLERO

FOCUS

THE CHRISTIAN AT WORK

- 2 **Are you a workaholic?** by Nancy R. Catan
Working too hard? All stressed out? I don't want to work anymore! Workaholicism is a disease but the good news is, there's a cure.
- 7 **Workaholicism: Reality & Myth**
Five myths about working too hard and what they really mean.
- 9 **Fast lane or slow lane?**
How do you balance these two contrasting life styles?
- 10 **Sharing: How we took the "Jesus Cure" for our workaholicism** by Clem and Cata Deltette
Clem and Cata Deltette share with us about how love for work almost destroyed them and what God did about it.
- 15 **My \$1,000,000 lesson on compromise** by Barry Minkow
From "whiz kid" to "criminal", Barry recounts his downfall and warns us about the evils of compromise.



FEATURES

- 8 **Emergency Numbers**
- 17 **Centennial Escapade: God's call to love** by Ronnie Caballero
...how one BCBP Makati action group celebrated the Philippine's Centennial by taking a 2,000 km. trip to the far north.
- 20 **From Cries to Kisses: Why are we doing this?** by Annie Salvador
Annie looks back on their Centennial Escapade with 7 other families (25 children!) and answers her kids' persistent questions on the meaning of it all.
- 23 **Praying Together**
Some pointers on how husband and wife can pray together as a couple.
- 33 **Sharing: I was paralyzed!** by Remegio "Remy" Gabuya

BCBP LIFE

- 29-30 **News:** Nat'l Council, Manila, Legazpi, Sorsogon, Iloilo, Leyte, Ormoc, Baguio, Mactan
- 31 **18th Anniversary Program**
- 34 **Ask, and you shall be answered**
BCBP Venues (inside back cover)
BCBP Map (outside back cover)



UP NEXT

MAY - JUNE

Deadline: Just keep them coming

Issue Focus:
BCBP 18th Anniversary

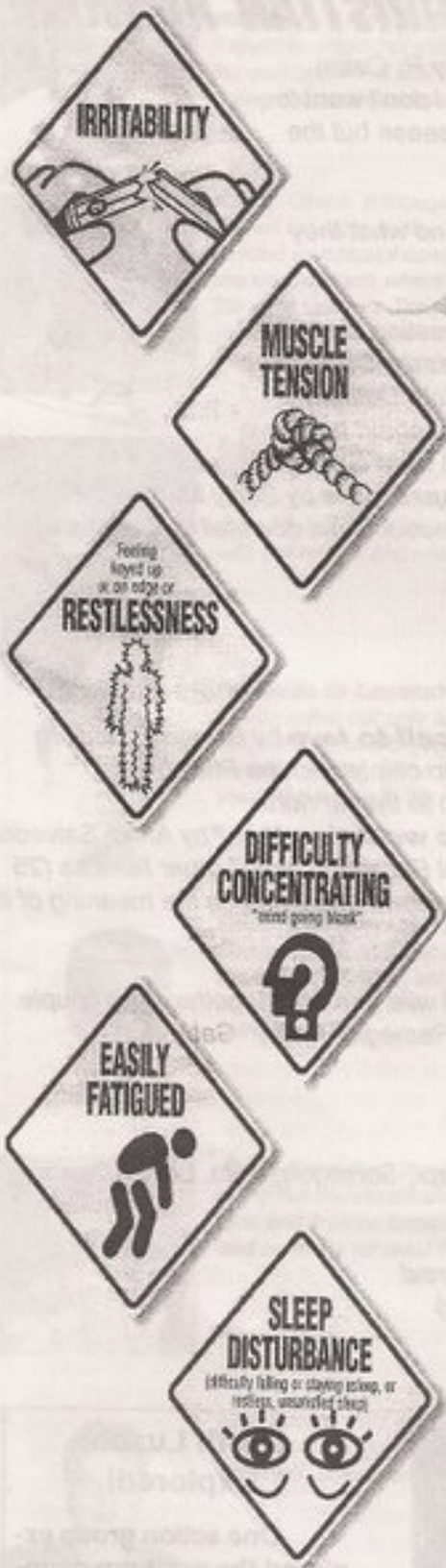
Readers Survey:
If there was one thing that you could add to the Kapatiran, what would it be?



North Luzon: Explored!

One action group explored the northern countryside of Luzon and found for themselves what

this beautiful country of ours has to offer - nature at its best! What's more, the AG of Ronnie Caballero also found out that this part of the country has ideal venues for BCBP evangelization. Paging BCBP Dagupan, Baguio and Tuguegarao.



Are you a WORKAHOLIC?

Nancy R. Catan

Our society today is work driven. And we all agree that work is important. People need to feel productive, to contribute to the building of a better future for their children. In fact society, industry and the corporate world applaud hard work and dedicated diligence on the job. We live in a culture that values motion and holds up busyness as a special sign of significance. "Oh, you're so busy. You must be important!"

However in 1968 the term "workaholic" was coined to describe a growing phenomenon — the overly zealous worker who views his work as not merely his, and his family's, means of survival but as the sole source of meaning in his life. Without work, he is lost, adrift, falls sick, cannot relate to humanity anymore. He wakes, eats, sleeps, thinks 36 hours a day about his work and all that he has done and all that he has yet to do. This is the workaholic or work addict in a nutshell.

How about a game of golf?

Dr. Bryan Robinson in his book "Work Addiction" says the difference between healthy constructive work and abusive addictive work is "the degree to which excessive work interferes with physical health, personal happiness or intimate and social relationships."

Workaholics' lives though appearing victoriously normal are often unbalanced as even their social and intimate relationships are integrated and focused around their business or profession. Logical thinking takes precedence over their feelings; the head

page 6 ➤

As businessmen and professionals we are faced with the reality of work and its attendant problems like stress and having too little time for family. This article warns us that workaholicism is not just a fancy term but a real problem in the workplace. We can become addicted to work.

Here are some of the symptoms of the disease together with practical suggestions for its cure.

A bad connection can create a lot of static in your life.

The Written WORD



our responsibility

"For just as from the heavens the rain and snow come down and do not return there till they have watered the earth, making it fertile and fruitful, giving seed to him who sows and bread to him who eats, so shall my word be that goes forth from my mouth; it shall not return to me void, but shall do my will achieving the end for which I sent it." Isaiah 55:10-11

This verse from Isaiah 55 gives all of us renewed Christians a responsibility to be fertile, bear fruit, not return to heaven void, and do the will of the Father, achieving his end which is to preach his word, his love to all the ends of the earth. It also is an insight to the mind of the Father who is the initiator of all moves towards reuniting man with himself. Remember what matters is not that we love God but that God loves us first.

This will be a good jump-off point for re-examining the value of the written word. The Hebrew's tradition was in the spoken word passed on from generation to generation. They would train all the young without any exception by speaking the written word to them towards knowing the He-

brew's salvation history in the Old Testament by heart (until they themselves can retell that history and continue the unbroken line of passing on the faith) — their time-tested way of keeping the faith. But during the times of the apostles and the early Christians, the faith would find its most tremendous growth through the written Word which spread beyond the regions of Christ's own traceable footsteps. Especially for the lettered and the Gentiles of that time, the written Word was instrumental in expanding Christianity's influence to newer frontiers as St. Paul had envisioned to preach where the Word had not been preached before. Christianity today really should not lose its vision of preaching the Word to the very ends of the earth.

The Eternal Word Television Network headed by Mother Angelica has a similar mission through trimedia, meaning radio, television, print and on the internet through their web page [[@ewtn.com](http://ewtn.com)] to have a global signal as wide as possible to reach "the ends of the earth" literally, electronically speaking.

I believe that we in the BCBP have a similar responsibility and tradition to carry the written Word and to spread the 'fifth gospel' which is the sharing of our own lives as enriched by the Holy Spirit. Matthew 5:14-16 says, "You are like light for the whole world. A city built on a hill cannot be hid. No one lights a lamp and puts it under a bowl; instead he puts it on a lampstand,

THE WRITTEN... from page 3

where it gives light for everyone in the house. In the same way your light must shine before people, so they will see good things you do and praise your Father in heaven." (underscoring supplied)

And we know that difficult as it may seem, the Brotherhood of Christian Businessmen and Professionals is one of the few organizations created to have inroads for the Gospel into the marketplace. And must we keep quiet about it, with the 18 years we have spent in this ministry? How can we best then show what we have gained, where we have struggled and where the Lord has triumphed?

By speaking about it? The spoken tradition? Even with the most modern conveniences such as jet planes, faster sea craft and better communication facilities, no brother or sister can lay claim as having the

sion Director who is coordinator and witness to all recent transformations, miracles and struggles of propagating the Gospel.

We give to the Chapter Head the choice of sharing highlights and pictures that the chapter considers as treasure for the year. Other articles can approach it from the angle of a travelogue guide for the rest of the BCBP sharers who are contemplating on sharing from place to place. Places of interest, food that must be tasted, "pasalubongs" that must be bought can be featured. Local "famous" recipes can be shared by the sisters as well.

One offshoot of this valuable exercise is that this will bring to the fore the cream of BCBP's writing talents. This will enable the Kapatiran editorial staff to identify precious talents who can be encouraged and be depended on as regulars for the



The thrust of the new Kapatiran is to allow every chapter and outreach to be fully featured in the magazine...

most comprehensive coverage of the mission area. Not even the hardworking BCBP president has been heard as a sharer or teacher in all places. Besides by our very nature having this ministry while at work, not leaving our professions to be priests or ministers, our time will be limited. But by writing our experiences, wisdom and teaching and sharing it through our Kapatiran, we can reach more.

This, then, is the thrust of the new Kapatiran — to allow every chapter and outreach to present the fruits of their struggles by accepting an annual assignment from Kapatiran representing say 50% of the content of the magazine, if we feature 2 chapters or outreaches every issue, by way of valuable sharing from no less than the Chapter Head who oversees the growth and direction of that community, and the Mis-

magazine. The secondary intention of this exercise is to bring about ownership of the magazine by the very organization that it serves.

On the strength of a directive by the National Council to the assigned Chapter Head, a chapter-wide effort will evolve to bring about the "chapter focus issue". The other 50% of the magazine will be composed of the regular columnists and news articles from the rest of the BCBP, much as we see it now.

This change if taken to heart by every BCBP member can bring a breath of fresh air not only from the members themselves but also from the Spirit that continues to guide us and inspire us.

So start writing and keep writing! It is our shared responsibility to spread the Word. -Ronnie Caballero

BOOKSHELF

Some suggestions to read on your journey with Jesus

The Power of Intercession by Peter Grant. (Servant Books, Ann Arbor, Michigan. c1984)

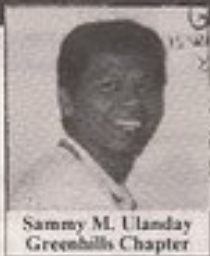
Intercession is a powerful tool that God has given us to accomplish his work in the world. It is also a potent weapon for spiritual warfare. Grant tells us how to take up God's call to be an intercessor who directs God's power to the needs of others. Firmly rooted with examples from both the Old and New Testaments, he gives practical hints for productive prayer as well as expounds on the different kinds of intercessory prayer.

How to pray for your family and friends by Quin Sherrer with Ruthanne Garlock. (Servant Publications, Michigan. c1990)

Prayer should not be your "last resort", it should be an on-going exciting adventure of moving mountains with God. This book shows you how to pray according to God's will, to pray in the Spirit, and how to overcome barriers like doubt, fear and feelings of unworthiness. Sprinkled liberally with true-life examples, the authors set out the guidelines for us to release God's power in the lives of our spouse, parents, brothers, sisters, neighbors and even our enemies.

Befriending: A self-guided retreat for busy people by Joseph A. Payne, O.P. (St. Paul's Philippines, c1995)

Fr. Payne invites us to check out every area in our lives and answer the question "Have I let Jesus befriend me in this area?" "Am I friends with myself? with my work? with God's presence? with strangers? with my neighbors and friends? with Mother Earth?" Each short chapter includes materials for reflection from the Bible and other inspirational sources plus a few thoughts and activities for moments of retreat and prayer.



Sammy M. Ulanday
Greenhills Chapter

I would like to take this opportunity, through this column, to express my sincerest gratitude to all who have, in one way or the other, given their condolences to me and our family on the demise of my father last April 12.

This episode in my life, just like many others, has once again been an occasion chosen by God to manifest His love. Allow me to relate some of the most significant events that took place throughout this segment in my life - events that truly proved that God has never left us, and has constantly guided us all along.

My father was a firm believer in God Almighty. In a very subtle, unworded way, he manifested this faith by believing that God works through other people. He knew that the Holy Spirit will speak through, and manifest Himself using other people, especially those close to him. That's why, before and even during the times that he was hospitalized, Papa constantly, or should I say, persistently asked me and my younger brother to pray over him. Not that he wanted to specifically be cured of his emphysema, but simply to hear me and my brother utter words of praise and thanksgiving, and supplication for a peaceful rest for him.

Papa knew that his illness was incurable. It was, as we may say, terminal, yet so lingering and painful. Although in the earlier days, I'm sure, he prayed for a miracle to happen and that he'd be healed. But I believe later on his prayers shifted to simply have a relief from all of his physical sufferings. He said so to us, especially during the later part of his confinement.

His prayers were answered. About a week before he died, he was released from the ICU - an indication that he "must be getting better." Not quite. Regardless of the reason for his release from the ICU, he was ultimately liberated from the respirator machine that he hated so much, the groans and moans of the other patients which irritated him, the time and again barging in of the medical staff when a patient's respirator (including his) beeped dangerously. He simply breezed himself out of that "dreadful room". He wanted peace and silence. He got it.

My mother confided to us that Papa told her that he didn't want to go through what the other patients in the ICU went through before they died. He didn't want to be pounded on the chest, given a "shock treatment", pierced with so many needles just to revive him. He simply wanted to slip into peace. And so out from the ICU, his appetite literally went dead, the medicines appeared to have lost their efficacy, and finally he slept into his final rest. God answered his prayers just as he had asked.

A couple of years ago, my parents celebrated their golden wedding anniversary - an occasion we thought could bring us all together to celebrate. I knew that my father wanted so much that all of us seven children would be there for this momentous celebration. But it was not to be so, one of my brothers couldn't make it at the time. This time my father's wish for us to be together on a specific occasion was granted, though not exactly a pleasant atmosphere.

Being united, all seven of us including my mother for a short time, I believe was something that Papa also prayed for. He knew that there were undercurrents in our relationships with each other. He wanted these resolved. And they were.

A day after his interment, we were at home planning what to do with his stuff, properties and all, when with no warning or premeditation our discussion shifted to ourselves and to one another. In an unprecedented manner we found ourselves blaming each other, finding faults and bringing up past grudges. All of a sudden it was a gripe session!

Even at the time of death, God answers prayers

But by the grace of God, and with a firm belief in Papa's intercession, everything was resolved. As far as I can remember this was the first and only time we ever had this kind of a meeting. Papa wanted peace, not only for himself but also for all of his children. And again, God granted his wish.

Papa was a friendly guy and had so many friends, most of whom were from his former office. But many if not most of them had gone ahead of him. And so his circle of friends who came to pay their last respect to him was just a trickle. However his personality of being friendly and close to people has been extended to us his children. This is one of the legacies he had bestowed upon us. That is why the throng of people and friends who trooped to the wake was simply great.

At this point, I'd like to recognize and thank the members and friends from the different communities where we, his children belong, who visited us during the wake. The Light of Jesus Community, the Seal of the Spirit Charismatic Community, and of course, the Brotherhood of Christian Businessmen and Professionals.

On behalf of our family, I thank you so very much for your prayers, presence, words of condolence and sympathy, and support.

Finally, my brothers and sisters in the Brotherhood, allow me to speak as your servant in the community.

During the wake, I witnessed the tremendous support you gave to us. I received messages from as far as Davao and Iligan; Edwin Tan of Palawan came; Ted Siapno of Dagupan even brought their chaplain to celebrate mass; all seven metro chapter heads came and also the members of the National Council; mass cards were numerous, donations were really helpful, and so many other things poured in in support.

My wish and prayer is that this same gesture of support may not only be limited to times like these. Time and again, in my previous write ups, I have encourage participation and support for all our Brotherhood endeavors.

If we can exert an effort or walk that extra mile to be with a friend in his bereavement, maybe we can do the same and more to be with everybody in community-wide and more pleasant and wholesome undertakings. We can do this, we have just done so recently.

My sincerest thanks again to you all, my brothers and sisters in the Brotherhood.

WORKAHOLIC? ... from page 2

always rules the heart. Often they are oblivious to what they are feeling because they are too busy working.

How about a game of golf? Yes, and we can discuss our latest project as we play. Take the family to the beach? Can't right now, I have a deadline to meet but you go

ahead, I'll just follow (but something else always comes up that needs to be attended to!). A good workaholic will always have excuses — more money, that sought-after promotion or business opportunity, deadlines to meet, a challenge that just can't be resisted, or a slave-driver for a boss!

Diane Farrel ("Working Ourselves to Death", Harper Paperbacks, N.Y. c1990) cites four prevalent types of work addicts: the compulsive worker, the binge worker, the work anorexic and the closet worker.

The compulsive worker

We know this best as the generic workaholic — the person who simply must work all the time. He is first to arrive at work and last to leave, taking his work home with him. Vacations remain unplanned "because you never know what will come up at work." He (or she) joins civic groups only "because of the valuable business contacts I can get."

Chief characteristics of the compulsive worker are the drive for perfectionism and tunnel vision. He (or she) must rework a project until perfect and still he will find something else about it he is dissatisfied with, something that requires him to work overtime to fix. He sees only one thing — the task at hand followed by a parade of other tasks.

The compulsive worker is tricky to live with because his justification for working constantly is "I'm doing it for you." He easily feels misunderstood and makes promises: "If you could only understand. Let me finish this one thing and I'll have time for you." However when that matter is completed to his satisfaction, there is another equally urgent task that simply must be done.

Characteristics of WORKAHOLICS

denial
self-esteem problems
multiple addictions
inability to relax
obsessiveness
dishonesty
self-centeredness
control/power
perfectionism
piles and files
lack of intimate relationships
spiritual bankruptcy

Work is god for this workaholic and nothing is allowed to get in the way of this god.

The binge worker

Binge workers share the characteristics of the compulsive worker with an important exception: intensity. Like binge eaters who all of a sudden "pig out", they work along at a normal pace, then they hit a period where they become so focused on their work they lose track of time, forget to sleep or eat, and become obsessed with the work at hand.

Binging may be difficult to detect because most of us have periods when we need to put in extra effort or stay longer at work. But when binging becomes the pattern of work in one's life or in the expectation of an organization, the addiction mode has clicked in.

The work anorexic

"I can only get things done when working against the pressure of a deadline." The work anorexic's theme song is, "I'm really good at what I do, but I seldom do it!" Last minute schedules, crisis situations and deadlines push this person to perform, otherwise procrastination is the norm. He (or she) can always find a good reason not to work. This workaholic has decided that the "cure" for overwork is not working at all ... until absolutely, positively necessary!

The closet worker

Not only a compulsive worker, the closet worker uses all kinds of ways and means to hide the extra work he does. He (or she) secretes his laptop into his suitcase when going on a family vacation, then encourages the family to go shopping while he gets "some needed rest." As soon as the door closes on them, he whips out his laptop and is back at work again.

Why are we doing this to ourselves?

Workaholism has become so common, so accepted in society, that we do not realize we are being drawn into the addictive process. Moreover, the very nature of the process numbs our awareness of what is really happening to us. The longer the addiction continues, the more unlikely it is we will have the presence of mind to jump off the runaway train.

We often hear these common reasons (excuses?) why we need to work so hard. "I need to feel productive." "I've been brought up this way." "I don't have any choice." "If I want to get ahead, I have to work harder than my boss and he never stops." "It's better than not doing anything." "I love my work, to me, it's my relaxation."

Workaholics Anonymous groups in the United States have identified a long list of workaholic characteristics (see sidebar). But they say

The material in this article has been condensed and adapted by Nancy R. Catan from various sources including Dr. Bryan Robinson's book "Work Addiction", Diane Farrel's book "Working Ourselves to Death" and articles in the section entitled "Too Busy?" in Discipleship Journal, issue #97 (Jan-Feb 1997).

that whether one, two or most of the characteristics fit is not the issue. The issue is this: Is your life increasingly unmanageable in relation to work, busyness and rushing around?

The work addiction scale

Farrel sets out a continuum that generally identifies how addicted one is to work. Bear in mind that while some steps may be interchangeable with those before or after them, the process still proceeds.

We need to balance our "doing" with our "being."

Early stage addiction is characterized by rushing, busyness, caring for and rescuing others, inability to say "no", constantly thinking of work, compulsive list making, an exaggerated belief in one's own abilities, no days off, work hours exceeding 40 to 48 hours per week consistently.

Mid-stage addiction is recognized by an increase in other addictions like food, alcohol, money, exercise, etc.; one's social life diminishes into nonexistence; relationships and family obligations take a back seat. Attempts to change fail and the work addict becomes physically worn-out, stressed and has difficulty sleeping.

In the late addiction stage, the addict experiences black-outs at work or while driving. He/she suffers from chronic headaches, backaches, high blood pressure, ulcers and depression, strokes or heart attacks, serious illness, emotional deadness and moral and spiritual bankruptcy. If nothing is done, the result is death.

On the way to recovery

As in any addiction, the first step to recovery is to recognize and admit a problem exists. Various recovery programs include learning new, more "laid-back" skills, changing one's work or work environment, putting boundaries around working, and shifting from a goal/task-oriented lifestyle to a relationship-focused lifestyle.

Other suggestions are to make a list of things that



bring you joy and nurture your soul (listening to music, swimming in the ocean, watching the sunrise,

Workaholism is defined as a progressive, fatal disease in which a person is addicted to the process of working, as a result of which, that person's life becomes increasingly unmanageable not only in the area of work but also in all other areas of his/her life. Here are a few myths and realities about workaholism gleaned from Diane Farrel's book "Working Ourselves to Death".

Myth #1: Workaholism only affects high powered executives and yuppies.

The Reality: This disease is not particular in its victims. Besides the business office, work addiction can be seen in the housewife forever striving to be the perfect wife, mother and provider all at the same time. Or how about the father who works at two jobs for the survival of his large family. Or the student who must excel both in academics and extra-curricular activities?

Workaholism: Reality & Myth

Myth #2: It's only stress and burnout.

The Reality: Workaholism is more than stress and burnout. It is an entire orientation toward life. Stress reduction techniques and therapies do not make a lasting impression on workaholism, but only prolong the onset of the fatal effects of the disease.

Myth #3: No one ever died of hard work.

The Reality: Physical effects of the disease are hard to detect because of the workaholic's tendency to regulate diet and exercise and convince him/herself that all is well. But it is a fact that many workaholics die from sudden heart attacks or become debilitated by strokes and other serious health conditions. You can die from hard work!

Myth #4: Workaholism is a positive addiction.

The Reality: This is a contradiction of terms. There is no such thing as a beneficial addiction! Work addicts are just as dishonest and controlling about work as drug addicts are about using drugs. Just ask the work addict's family about the effect his work compulsion has on the family relationships...

Myth #5: Workaholics are happy.

The Reality: "Happy" means a feeling of well-being in the present moment. Since work addicts feel driven by the compulsion to work, usually a work that is never really done because it just leads to the next bigger and better and more profitable project, happiness in the present moment is elusive. It is always just a project away! "Good", "productive", "proud" — yes, but "happy" — no.



WORKAHOLIC? ... from page 7

fresh flowers, whatever they are) and begin adding them into your life. Remove draining relationships and replace them with energizing ones. Be fully present in whatever you are doing and enjoy the moment as it happens.

Renew your relationship with God; be active in religious and community affairs, activities and organizations that encourage relationships and friendships. Join an active sharing and caring group. Slow down and begin to take notice of the smiles on your kids' faces when you occasionally come home early from work, of the smell of the sea, of the new blooms in your garden of the wonderful feeling of being alive and loved.

When a person dies, no one wants "I wish I spent more time at the office," as their epitaph. Whoever heard of a resume read at a funeral!

Work is important. But let's not overdo it and become work addicts. We need to balance our "doing" with our "being". We should try to prevent the heart attack before work-related stress causes it.

Taking the "Jesus cure"

Jesus says, "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light" (Matt. 11:28-30).

"...we need to strip off our self-made yokes by recognizing and laying aside those many things we busy ourselves with that God has not called us to do."

Christian author David Henderson (DJ#97) maintains that one main cause of workaholicism and work-related stress is that we strain against yokes of our own making that are very different, and far heavier, than what Jesus intended for us. He suggests several steps to help us discover Jesus' lighter load for us.

Firstly, we need to strip off our self-made yokes by recognizing and laying aside those many things we busy ourselves with that God has not called us to do. We should check out the real motivation for what we are doing. Am I trying to prove something? To gain something? To avoid something? Who am I really trying to please?

We then have to make ourselves available to God and open to His leading by building into our busy schedules pockets of time for reflection. The emptiest of lives are those stuffed with motion from morning to night. It is only when we make elbow room in our days and in our lives that we become still enough for God to speak to us.

God tells us that peace from our whirlwind of busyness is not to be found in a program or a place but in a Person, in Jesus (Jn. 14:27; Phil. 4:7,12; Isa. 26:3). We need to take the "Jesus cure". ☺

EMERGENCY NUMBERS

Here is a set of emergency phone numbers which you may need today or in the future.

- When in sorrow.... call John 14.
- When men fail you.... call Psalm 27.
- If you want to be fruitful.... call John 15.
- When you have sinned.... call Psalm 51.
- When you worry...call Matthew 6:19-34.
- When you are in danger...call Psalm 91.
- When God seems far away... call Psalm 139.
- When your faith needs stirring... call Hebrews 11.
- When you are lonely & fearful..... call Psalm 23.
- When you grow bitter and critical.... call 1 Cor. 13.
- For Paul's secret to happiness..... call Col. 3:12-17.
- For an idea of Christianity... call 1 Cor. 5:15-19.
- When you feel down & out.... call Romans 8:31-39.
- When you want peace and rest..... call Matthew 11:25-30.
- When the world seems bigger than God... call Psalm 90.
- When you want Christian assurance..... call Romans 8:1-30.
- When you leave home for labor & travel.... call Psalm 121.
- When your prayers grow narrow or selfish..... call Psalm 67.
- For a great invention or opportunity..... call Isaiah 55.
- When you want courage for a task.... call Joshua 1.
- How to get along with fellowmen..... call Romans 12.
- When you think of investments or returns ... call Mark 10.
- If you are depressed.... call Psalm 27.
- If your pocketbook is empty..... call Psalm 37.
- If you're losing confidence in people... call 1 Cor. 13.
- If people seem unkind..... call John 15.
- If discouraged about your work... call Psalm 126.
- If you find the world growing small, and yourself great call Psalm 19.

Emergency numbers may be dialed direct.

No operator assistance is necessary.

All lines are open to Heaven 24 hours a day!

Feed your faith and doubt will starve to death.

FAST LANE OR SLOW LANE?

Ed and Jun are friends but have always experienced some tension regarding their lifestyles. Ed fills every minute with calls, appointments, committees, and projects. He is always on the go, harvesting every hour for what it can produce. He is fulfilled in his devotional life, disciplined, and focused. In the church he gets things done and gets impatient with talkers and theoreticians.

Jun, much more laid-back, flexes his time for people. He rarely gets projects done on time, but his prayer life is deep and meaningful. He likes to read and reflect. He is more available and approachable.

Both Ed and Jun find themselves being critical of the other. They have even tried to change each other's lifestyle. Ed wishes Jun would just do something. Jun wishes Ed would get some space in his life for introspection and prayer.

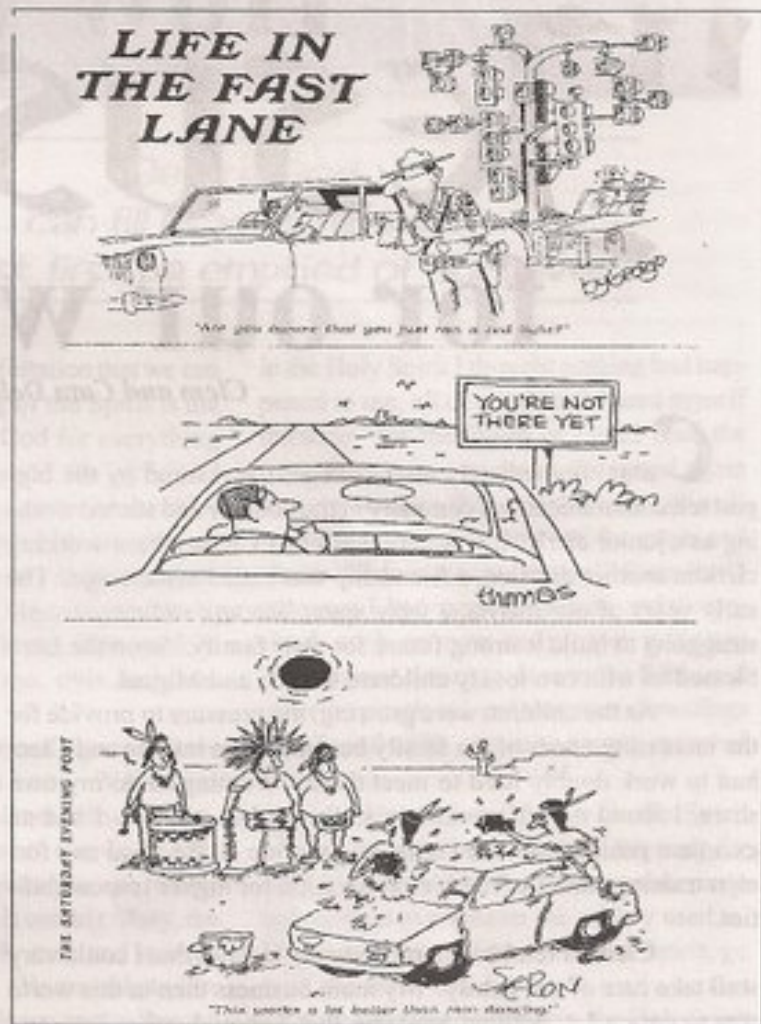
Ed and Jun are examples of two lifestyles: Life in the Fast Lane and Life in the Slow Lane. The slow laner idealizes relationships, reflection, extended prayer — a slower pace, a spiritually tuned way of living. The fast laner emphasizes service by getting things done, discipline, and achievement — a focused, productive, and active way of living.

At times the fast laner may long for more reflection and feel guilt at being driven. At other times he may criticize the slow laner for his apparent lack of productivity. The slow laner may wish he were more like those who do more. But he may also criticize the fast laner's frantic lifestyle.

This tendency to judge — either our own capacities or another's — is dangerous. God sovereignly created each of us with a unique personality, accompanied with related spiritual gifting. Who are we to judge another for living as God created him to live?

With each personality type comes certain weaknesses and excesses. The fast laner must always curb the tendency to act and do. The slow laner must guard against isolation. Both can become lazy in their comfort, satisfied in their niche. Both can be unspiritual — the fast laner in activity, the slow laner in solitude. Both lifestyles must be under the control of the Holy Spirit.

Jesus was a masterful combination and model of both lifestyles. What He accomplished in three years is mind-boggling in terms of activity, involvement, and impact. "I must be about my Father's business" (Lk. 2:49). And we only see part of His New Testament activities. Yet He valued private moments, prayed, sought His Father, and took time with the hurting and "unproductive."



Each of us needs the corrective and contribution of the opposite lifestyle. We need to give others the freedom to be what God has called them to be, yet stimulate one another to love and to good works (Heb. 10:24).

We must learn to neither covet nor criticize those with a different lifestyle. We must not push other people to perform according to our lifestyle, but recognize each other's unique calling and place in the Body of Christ.

"Let every detail in your lives — words, actions, whatever — be done in the name of the Master, Jesus, thanking God the Father every step of the way" (Col. 3:17, The Message).

Author Jerry White is the international president of The Navigators. Reprinted from Issue #97 of the Discipleship Journal.

The story of Clem and Cata Deltette, how love for their work almost destroyed them, and what God did about it, has touched many people in the BCBP.

These excerpts from their life-sharing tell us what happened.

How we took the "JESUS CURE" for our workaholism

Clem and Cata Deltette, Makati Chapter

Cata: Immediately after college, I was hired by the biggest telecommunications company in the country and started working as a junior clerk. It was here that I met Clem, a hard-working clerk in another division, a friendship that ended in marriage. The early years of our marriage were spent like any ordinary couple struggling to build a strong future for their family. Soon the Lord blessed us with two lovely children, Cecille and Miguel.

As the children were growing, the pressure to provide for the increasing needs of the family became more intense and Clem had to work doubly hard to meet them. Wanting to do my own share, I found myself working equally hard in my job. I had an excellent position and the company gave me all the local and foreign trainings that I needed in preparation for higher responsibilities.

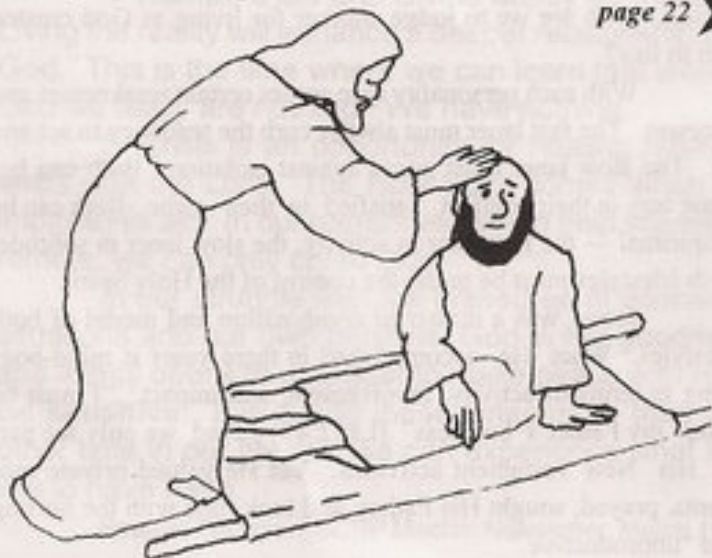
Clem: I felt I had to prove to my in-laws that I could very well take care of our family. My main business then in this world was to earn a lot, without realizing that I should rather earn and save a lot for the next life to come. From a detergent company, I moved to an aluminum company, then to an advertising agency, to a dairy company and back to advertising. In all these moves, I had fat increases in my salary and higher responsibilities that went with it. In addition to this, I started a small business. It was when I was earning big enough and could afford to give my family all the comforts of life that I began to spend more time away from my wife and my children.

Cata: As I got more and more absorbed with my work, my enthusiasm and desire to move forward and be ahead of the others intensified. It meant however, staying beyond office hours while my peers were rushing to get home. As if this load was not enough, I enrolled in night classes to pursue a masters degree at La Salle. From then on, I was spending less and less time with the children with the more important chores eventually delegated to the helpers.

Clem would sometimes bring me to class and pick me up late at night which became a constant irritant for both of us. We began to have heated arguments over many things, both real and imagined. Not long after that, Clem began spending more time outside our home with the lame excuses of rush jobs to be done. Later I realized that the more arguments I felt I won against Clem, the farther I pushed him away from home.

Clem: The business made good and I thought I never had it so good. Material blessings were enormous and so were the temptations. So while Cata concentrated on her career, I devoted all my time to mine and various other extra activities. It was a case of two different worlds. I was a good provider. I easily managed to give my wife and the kids the comforts and luxuries of life. I believed that I was a good father and a good husband. I stayed home with my family on weekends but my thoughts were focused elsewhere. I physically went to church with them with my mind thinking of other things.

page 22 ➤





Eddie Mendoza
Greenhills Chapter

What can one Christian businessman or professional do against the tyranny of evil in the workplace? How does God define a legitimate business or line of work? An experienced executive in one of the Philippines' foremost corporations, Eddie Mendoza discusses the matter of evil in the marketplace as he shares with us some observations from the book "Your Work Matters to God" by Doug Sherman and William Hendricks.

Institutionalized evil is complex, often subtle, and difficult to comprehend. However, all of us confront evil at eye-level when we enter our particular workplace each day. On the grandest scale it shows up in our national economy. Within our profession, or industry, or our own company, white-collar crime transforms our workplace into a legal, political, and moral battleground. Each of us can probably recall instances of injustice in the politics of our company, or of shady dealings with customers, or of sloppy procedures, or of sheer incompetence.

And — to be sure — we must face the evil in ourselves that we bring to work. It might be greed, one-upmanship, deception, sexual lust, negligence, laziness, power plays, insensitivity, impatience, or any of a hundred other sins. But each of us struggles with at least some of these, and we are always capable of all of them.

What can one Christian businessman or professional do against this tyranny of evil in the workplace? Is there anything that he can or ought to do?



What can one person DO?

I would like to share with you what I have been reading from a book written by Doug Sherman and William Hendricks, entitled "Your Work Matters to God", and I pray for their forgiveness for I will be quoting from them quite liberally.

There is evil in the marketplace

Before dealing directly with the how-to's, I would like to make the following observations:

First, you must expect evil. This sounds so obvious, but I simply don't want any naive Christian businessman to think that there is no such thing as institutional sin. Ours is a fallen world, and therefore one must expect evil even in the marketplace. On this side of heaven, therefore, there will always have to be tensions we don't like. We cannot eliminate evil entirely.



WHAT CAN... from page 11

Second observation, in many cases there is little, if anything, we can do to stem evil. Sometimes we arrive too late. Sometimes we have no control over a situation, our hands are tied, and we must stand by and watch people destroy themselves and others. However, we must also keep in mind that although a situation may be out of our control, it is never out of God's control. There is no evil greater than God's goodness and power.

So, in the meantime, when we often feel helpless and it seems we can do nothing, there is always one thing we can do: we can pray. That is why Jesus encourages us to pray at all times and not lose heart.

God expects us to take action.

Third observation, though at times there may be nothing we can do, God never gives us the option of throwing up our hands in despair. He expects us to take what action we can to appropriately deal with evil. Paul says to the Romans (12:9): first, "Abhor what is evil", and then second, "Cling to what is good." In other words, when we see evil we should hate it, and in response we should do whatever we can to promote good. Paul goes on to say, "Do not be overcome by evil, but overcome evil with good."

This does not mean we should be moral policemen, fastidiously pointing out all of the sins and faults of people. What it means, though, is that we should faithfully concentrate on our own holiness. God holds us accountable for faithfulness to do our part of the job correctly and properly. If the failures of others torpedo the success of our own efforts at our jobs, that may be a great evil and very frustrating — but it does not excuse us from doing God's work.

My final observation is a reminder really. God uses the evil of the workplace to build our character. As James puts it: "Consider it all joy, my brethren, when you encounter various trials, knowing that the testing of your faith produces endurance. And let endurance have its perfect result, that you may be perfect and complete, lacking in nothing." (James 1:2-4)

At the end of the workday, we must therefore be grateful to our Lord. It is a jungle out there. But we do not survive the jungle because we are such good persons. Rather, we become better persons as we learn to overcome the pitfalls of the jungle.

What is legitimate in the eyes of God?

Some work is clearly illegal. But even if our work is, legally speaking, above board, the nature of the work may still be questionable in the eyes of God. For instance, you may be working in a firm whose products, albeit legal, unduly harm people physically, emotionally or spiritually. If so, you should discern whether you are contributing or detracting from God's work. Care must be exercised to avoid legalistic, uninformed pronouncements, but each of us should ask ourselves whether our jobs enable us to make our best contribution to serve people in a way that honors God and is consistent with His will. It is good to look at your company and ask yourself, would Jesus put together a group of his most

devout followers to engage in a business such as this?

The second distinction we ought to make is between direct and indirect participation in evil. It seems that in this life we will inevitably participate, at least indirectly, in evil, thanks to the ever presence of sin in this world. Professional basketball players, for example, though not directly involved in betting and game fixing, provide the opportunity for illegal, destructive gambling, just by the mere act of playing the game.

Another example is the indirect misuse or abuse of a product, such as Rugby cement for instance. Knowing that it is abused, is the manufacturer of that product contributing to evil? Only indirectly, but he cannot be held morally accountable for what someone does with his product after buying it, assuming that there is still an actual, legitimate market for that product or service which the firm promotes. Of course, he should take whatever steps he can to prevent abuse, and not to take advantage of this market.

Who is doing the wrong?

The question is, how can we operate as God's coworker in such a world as ours? Firstly, Scriptures do not regard this indirect participation as wrong, if it is truly indirect and innocent, and hopefully done to the glory of God. The key is to recognize who is doing the wrong. Second, if your career calls for direct participation in what you know to be wrong, then you definitely have a problem. You now have not just a tension with evil but an outright conflict with it.

I suggest we reflect on the story of Daniel in the Old Testament, because his life story is a mirror of how God's people ought to act when surrounded by unbelievers in the workplace. Daniel was surrounded by godless politicians, forced to but refused to give up and compromise his faith, and in fact continued to excel in his work and succeeded in demonstrating how God is faithful to those who revere Him. In the end, God reigns. ➤

Would Jesus put together a group of his most devout followers to engage in a business such as this?



When should we act?

Now we come to the point of determining when we should act. There are at least four circumstances that should trigger some response for us as Christians.

First, we must definitely act when we are called upon to do what is wrong. To lie to a customer, to cheat the government, to steal from our employer or a vendor, or to ignore the laws that govern our industry is to directly oppose the express teaching of Scripture. The Bible clearly rules out any direct involvement in what we know is wrong.

Second, we should act when our own conscience is violated. There are many so-called gray areas in the workplace in which the line between right and wrong is blurred, and where there are no explicit biblical or church instructions one way or the other, nor are there legal statutes involved. Instead we must answer them for ourselves being guided by our conscience.

The better informed our conscience is, the clearer and easier is the discernment process. And our conscience can be better informed through regular meditation on scriptures and other religious books, and committed involvement in a Christian community such as the BCBP. Once our conscience is aroused, we should look for clear scriptural grounds for our uneasiness, seek counsel of church leaders or of members of our religious community, and then take appropriate steps to avoid evil and promote good.

Claim our territory for God

Third, we should act when it is in our power to end or to avoid evil. Sure, there is probably little we can do about societal evil. Yet God has given each of us a limited sphere of control. That sphere may extend no further than our desk or work station. But as long as we have responsibility for what goes on there, we can claim that territory for God, even if it seems like an island in a sea of evil.

Proverbs 3:27 says: "Do not withhold good from those to whom it is due, when it is in your power to do it." Paul says to the Galatians: "While we have the opportunity, let us do good to all men." Whatever power we currently have has been entrusted to us as a responsibility by God. We should therefore use it to promote good.

Finally, we should act when innocent people stand to be affected by evil. This pertains especially to cases when we can see a direct threat or impact of evil on someone who has no ability to protect himself. God does not want His people to stand idly by while innocent people suffer. We may not

be able to prevent their suffering; in fact, we may scarcely be able to alleviate it. But we must not ignore it. And to the extent that we can, we should circumvent it by doing good today, before evil even arrives.

How do we confront evil?

What should we do? In confronting evil, deciding that we must do something is relatively easy. But deciding what to do and doing it may be much more difficult. The authors, Sherman and Hendricks, enumerate seven possible courses of action which should form a strategy of action.

Action Item No. 1: If possible, go to the source.

We must determine where the problem emanates from and who has the power to solve the problem. If we're lucky, the source of evil may also be the party most in a position to do something about it. Then take action and confront the source. We need to ask questions directly of people who are in a position to do something about the situation, and bring out important facts, and challenge them to do what is right, and at least raise issues about the ethics and integrity or justice of what is done. Sometimes, authorities simply need to be made aware

From Washington to Wall Street to Main Street, work dominates the landscape of modern life. But unless you can connect what you do all day with what you think God wants you to be doing, you will never find ultimate meaning in either your work or your relationship with God. But how can you make such a connection? It starts with a certainty that "Your Work Matters To God".

The authors of this book, Doug Sherman and William Hendricks, present a liberating — and thoroughly scriptural — demonstration of just how important secular work really is to God. And once you realize how many different ways there are to influence your coworkers for Christ (without preaching a word), you'll be challenged to develop a lifestyle so striking and true, your coworkers



will be itching to know your secret. A publication of the Navigators Singapore, c1987, this book has an accompanying study guide for those interested to deepen their understanding of God's will for them in their respective workplace.

WHAT CAN... from page 13

of a bad situation, or else need a challenge to act. Whether or not they will act, they will have been challenged. And whether or not they will act, God knows that we have acted. Between us and God, that is enough.

Action Item No. 2: Join the battle where you feel you can be most effective.

No matter who we are, God can use us, and there are a thousand opportunities in our workplace in a given day in which God desires good to triumph over evil. As a front-line soldier in the battle against evil in the marketplace, we need to jump in where we feel we can be most effective. Each of us has God-given abilities, a personality, resources, and relationships, among other things. God has not commissioned us into a battle without a weapon.

Yes, there is a battle out there, and it would be totally unchristian to behave as if we had no part in the battle. Jesus says, "if you are not for me, then you are against me." Choose your daily battle, if you must, but you do have to fight the good fight of faith.

Action Item No. 3: Seek limited, measurable gains.

At the beginning of this article I said that on this side of heaven we can't eliminate evil entirely. Nevertheless, I believe that we can score limited and sometimes even impressive victories for what is right and good. But doing so requires that we evaluate the situation that confronts us, define the problem, and discern which aspects are likely to be changed and which are not, and also what possible action might be taken. By all means, we ought to seek counsel from our fellow Christians, especially in the BCBP.

We must be realistic, but we must dare to be creative. We don't have to be grandiose in our solutions, but we should press instead for solutions that will reduce the problems at least partially.

Action Item No. 4: Expect positive results.

But also expect some negative consequences. There are often political risks involved in taking a stand against evil. However, we must remember that we are Christians first, before we are businessmen,

and that we must be prepared to lose our business rather than risk our Christianity. As Christians we need to be salt and light in the business milieu, where many will want to wash off the salt and blow out the light.

Action Item No. 5: If necessary, leave your job.

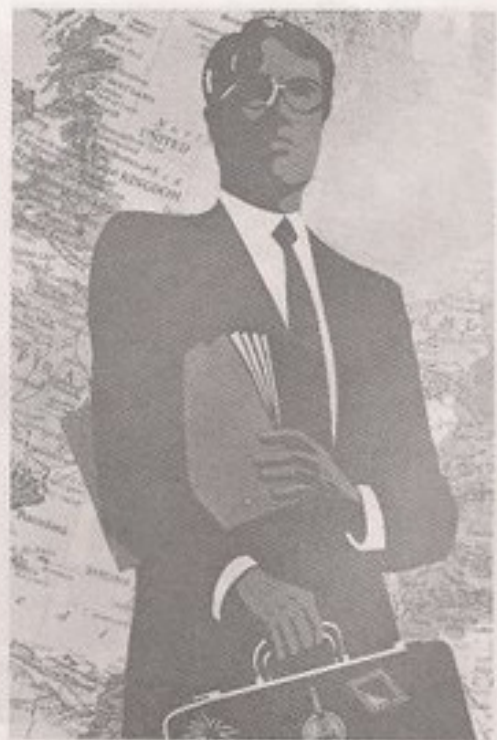
Some circumstances become so impossible to deal with that our only real choice is to quit. But remember, God values endurance and the New Testament tells us we should endure, not quit. And yet, there are times when it is best to leave. Just exactly when that is depends on many factors, but one situation that almost surely calls for a break is when you know that remaining would mean a direct participation in evil.

Action Item No. 6: Use a strategy of prayer.

This should really be our starting point in confronting any kind of evil. Paul writes: "I urge that petitions, prayers, requests, and thanksgivings be offered to God for all people; for kings and all others who are in authority, that we may live a quiet and peaceful life with all reverence toward God and with proper conduct." Even if employers or others in authority make life miserable for us, Jesus instructs us to pray for them.

Action Item No. 7: Start with yourself.

This is why, as members of the BCBP, we devote a tremendous amount of



of tension and pressure, the solicitations to compromise, the irritations of angry customers, the interruptions, the financial reversals, the deals that fall through, even the traffic on the way home — He uses all of it to make us like Jesus.

What can one person do when confronted by evil in the marketplace? What can we do when faced with an institutional or business system that is highly questionable in God's eyes?

Whatever the situation, whatever the evil, we as Christian businessmen, cannot simply sit back and ignore what's happening directly around us. This would only allow the evil to win — by our default. Like Daniel, we must choose not to compromise our faith. Let us therefore turn to our God

"There are often political risks involved in taking a stand against evil."

time renewing our own lives in pursuit of personal holiness, for this is the bedrock from which all our efforts must spring. No matter how crooked or corrupt the system becomes, we still have a responsibility before God to live pure lives above reproach. We have to be fit for the fight.

A test of character

It should be clear by now that God uses everything in the workplace to train our character. He uses the evils we face, the people we can't stand, the circumstances

in moments like these and allow Him to save us from the circumstances of our business lives.

Peter says, "Stand your ground, firm in your faith, knowing that our brothers, scattered throughout the world, are confronting similar persecution. God, the giver of all grace, has called you to share in Christ's eternal glory and after you have suffered a little he will bring you to perfection: he will confirm, strengthen and establish you forever. Glory be to him forever and ever. Amen." (1 Peter 5:9-10) ☪

My \$1,000,000 lesson on "compromise"

—Barry Minkow—

In the 1980's the financial world called the teenager Barry Minkow a "wonder boy," a "whiz kid." As the founder of ZZZZ Best carpet cleaning, he was the darling of Wall Street. But things started to go terribly wrong in 1987. Then his \$200-million, carpet-cleaning empire crumbled. Minkow was sentenced to prison in 1989. His downfall started with a few little compromises, then corruption, then collapse.

While in prison Barry Minkow faced the gospel, and he accepted Jesus Christ as his Savior and Lord. He was released in December 1994, and now he's working to pay back millions of dollars to his victims.

Barry Minkow has a message for men: "Don't make the same mistakes I did."

He agreed to write this article as a warning to all men who are flirting with compromise.




During the 87 months I was in federal custody, I met thousands of men, and we all shared one thing in common: none of us ever planned on being there. That's right. None of the doctors, law-

yers, accountants and other professionals that I met ever started their careers with the premeditated plan of compromising their integrity. In every case they can

pinpoint a specific time when they made a subtle departure from the legitimate.

Notice how I use the word subtle to describe the first compromise. It never

page 16 

This sharing came to the Kapatiran from former BCBP member Sonny Ruiz Aguilung who is now with Couples for Christ in New Jersey. He writes: This article shows us clearly the consequences of unrighteousness. To all of us...please, I suggest you read this sharing in full and I am sure it will show you how not to compromise your righteousness and honesty for money. We need to ask ourselves — am I willing to give up everything I have to acquire the kingdom of God?

Your plan may fall flat, but your spirit doesn't have to fall with it.



starts out big. The ZZZZ Best fraud did not start with \$26 million — but with a \$200 money-order theft from a local liquor store.

For others that I met in prison, compromise began with under-reporting income on the year-end tax return or lying on credit card and bank loan applications. Most of the time the consequences for these actions did not immediately follow — which tended to reinforce the behavior. It became easy to rationalize, “If I got away with it the first time, I can probably do it again with the same result.” This always leads to the second phase in the anatomy of failure: corruption.

When cash flow tightens and it looks as if meeting payroll or other expenses will be impossible, those who have successfully compromised in the past will look for the quick fix or shortcut to meet the immediate need. For me it was overcharging customers’ credit cards to generate cash. And when the demand for money grew greater than the amount I could steal from the credit cards, I went deeper into corruption by going to Wall Street and perpetrating an even bigger fraud. Before long I was committing serious SEC violations on a daily basis — something I never dreamed of doing when I started ZZZZ Best out of my parents’ garage at age 16. And that is exactly how sin distorts objectivity.

By the time I was 21, my actions finally caught up with me (Numbers 32:23 says, “Be sure your sin will find you out.”). Collapse is always the result for those involved in compromise. I remember hearing one of the FBI agents who arrested me say, “Barry, it isn’t if you’re going to get caught — but when and how many people you are going to hurt in the process.”

Before prison I thought it could never happen to me. But my sin found me out — and the consequences for my actions came when I was sentenced to 25 years in federal prison.

As I speak across the country to both Christian and non-Christian audiences, I am asked two questions: Why did you do it, and how can I prevent myself from falling into the same trap? Why did I do it? There are three reasons (not excuses) why I failed morally and financially. The first was my obsession with caring about what other people thought of me. In high school I

wanted to be liked and accepted by my peers. But since I wasn’t a great athlete or the best-looking guy in the class, I felt inadequate and insecure. Today many teenagers feel the same way, and to ease the pain they go for drugs and sex. They get drunk at parties just so they can be accepted and belong.

One of my best friends is Ron Jordan, a man I met in prison. Ron grew up in the Projects in Watts. For years he was a member of a “crip” gang that hung out in his neighborhood. Although he is a Christian now, there was a time when Ron was one of the most feared men in south central Los Angeles. One day while we were talking I asked him why he joined the gang at such a young age.

“Gangs are alternate family units, Barry,” he said. “I wanted to have a group of people who would love and accept me...and even die for me if it were necessary.”

When I became a Christian I quickly learned that it doesn’t matter what people think of you — only what God thinks (Gal. 1:10). Even if your goal is to please people, you will never please them all. Now, when I am asked how I handle criticism, I always say: “I just try to please God and be obedient to Him and let the chips fall where they may.”

The second reason for my demise was shortcuts. I’m talking about taking the easy way out. In high school it was cheating on the final exam. After all, that was certainly easier than studying. I carried the same attitude with me into my career in business.

One story comes to mind. I was at a customer’s house cleaning the carpeting. When I was finished I asked the lady if she wanted me to Scotchguard her carpets. The extra charge was \$100 but when I went out to the truck to fill the sprayer with Scotchguard, there was none left. Rather than telling the customer and going back to the shop to pick up another gallon, I took a shortcut: I sprayed water on her carpeting and said it was Scotchguard.

Only when I got saved did I truly understand the words of Christ when He said, “He who is faithful in what is least is faithful also in much: and he who is unjust in what is least is unjust also in much” (Luke 16:10, NKJV).

The third reason for my failure was pride. Some call it autonomy — but the idea is the same. Pride is nothing more than a God-substitute. You dethrone God and replace Him with yourself. My pride came to a head the day my godly mother came to my office when my company was worth \$250 million on Wall Street. She said, “Barry, you have all this money, but do you know God?”

Without missing a beat I looked her in the eye and said, “God. How much is He? I’ll buy Him.”

Imagine the pain in my mother’s heart. From that day on she prayed for the demise of ZZZZ Best. And within seven months God answered her prayers and brought me to my knees.

Our world praises the man who is independent and self-sufficient. Compare that with the biblical teaching to become more dependent on Christ to meet every need. Sadly, thousands of men have built their lives on a foundation of pride. They take shortcuts in business — and rationalize that since everyone else does it, it’s OK. There are other men who are motivated to achieve because they are obsessed with what other people think.



CENTENNIAL ESCAPADE:



God's call to love

... how one BCBP Makati action group celebrated the Philippines' Centennial...

Ronnie Caballero

Sunrise. Pagudpud beach, Ilocos Norte. Prayer time. Assuredly one of the best times and places to pray. A gentle sun bathes my white sand-covered feet and I feel recharged as the fresh ocean breeze blows by my face.

A reason to be tired? Plenty! We had just barely gone over the three-fourths mark of our "Centennial Escapade", a wildly concocted "vacation" drive covering nearly 2,000 kilometers. From Manila, we had covered Banawe, Bontoc, Sagada, Tuguegarao, Callao Caves, reached the northernmost tip of Luzon, at Aparri and made that spectacular scenic coastal drive via Patapat, Ilocos Norte to Pagudpud. Next to come would be Laoag, Paoay, Batac and Vigan. The toll of driving over the past four days almost caught up with me save for this wonderful morning.

Eight vehicles. 45 people, 25 children! It was like having a whole kindergarten class marching around you all

the time. The question now bears down: WHY DID WE DO IT? Lord, why did sane brothers and sisters pack up their families and supplies on a seemingly endless journey putting to a test both strength and will of bodies, spirit, relationships, vehicles (ouch!) and wallets (ouch again!). On a straight line by air it seems we would have driven all the way to Brunei! Why? Why? Why?

Initially, as we were planning it we believed we were giving ourselves a break (of course, this is a joke, we would have been better off telling you we were rebuilding Noah's Ark). But certainly it was something we were doing for our children. Like some indelible memory. A time warp. Something unforgettable. An unexchangeable family jewel. A legacy. Perhaps, even with this small thought it was enough motivation to make the preparations and endure the drive.

The entire entourage in one of their stops.



CENTENNIAL... from page 17

It wasn't until we were ascending the mountains of Banawe on our way to Sagada that I could see clearly what was God's purpose for this trip. We were simply awed by the majesty and unspoiled beauty of the tree-covered mountain range that seemed to stretch endlessly. I had the same expression that Jodie Foster through her character in the movie "Contact", when she viewed the galactic show before her as she cried tears of joy at beholding the beauty, "I wish they had sent a poet!" to capture the moment. No camera would do justice to what can be seen there. God in his wisdom really meant it for our naked eyes to behold. It was almost like beholding the very place where God resides:

***"Great is the Lord and
wholly to be praised in the
city of our God.
His holy mountain
fairest of heights
Is the joy of all the earth!
Mount Zion,
"the recesses of the North"
Is the city of the great King.
God is with her castles
Renowned is he as a
stronghold.
Psalm 48***



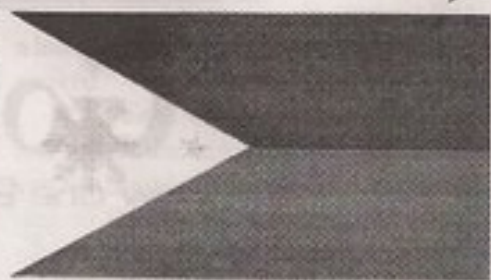
*Above, the group emerging from the
"hanging coffins" in Sagada;
Below, stop over to take
some pictures on the
road to Bontoc.*



But more importantly within our hearts something new was being born. Something that just would not stop growing up to this very day that I write this. Love for country.

I firmly believe that as renewed Christian, God wants us to be a nation-loving people just as the Israelites are a nation-loving people. Several times whenever they would be in captivity scripture and prophets would express their longing for their country by mentioning the natural attributes such as the cedars of Lebanon, fruit trees, wild and tame beasts, creeping things and winged fowl, in relation to its wealth.

As a young person, I agonized over the many months of military training I had to endure in the hot sun in the name of love of country. I am not saying that I can endure more but knowing the beauty of our own country now makes a whole lot of difference. Perhaps to an extreme I would even say that I now know the difference it takes when it comes to fighting for our country, even giving one's life for it as had many of our revered forefathers.





how great God's love is does complete the picture. Because of the greatness of God's love I can believe him when he says that "all that is mine is yours" and "in my Father's house there are many rooms, and I go now to prepare a place for you." And since he is a big God, I can only surmise with my human mind's eye that the place he is preparing for us is going to be a hundred times more inspiring than the mountain ranges of Banawe, Sagada, Alps, Colorado or Mount Everest put together. Deep in my heart this is the nation that I await, the new Jerusalem, the nation that I long for, to live in His presence.



Meantime, God has given us a wonderful earthly country to enjoy as heaven on earth. Anybody for a drive? ☺

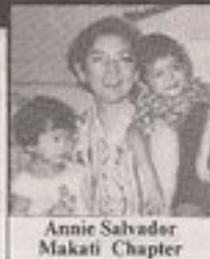
How much really is the worth of all this natural beauty? God is the best judge of its worth. If it were made a ransom demand would God pay it for you and me? What really matters is that God's word in Isaiah 43 is saying that God is more than willing to pay for each and everyone of us a ransom equivalent to all the wealth and beauty of this world. This only tells us how immense God's love is for us and how willing he is to impoverish himself to gain us back. And knowing



Above left, the author at the side road to Bontoc; Above right century old houses in Vigan, Ilocos Norte; Top, planning their next stop while enjoying the view atop Bontoc hills; Left, preparing to cross the Cagayan River in order to reach Callao Caves, known to be one of the final hold-out positions of Filipino and American soldiers during WWII.



And off we went to explore our heritage — 7 other families plus us: Nelson and I, 5 kids, 3 boxes of canned goods, one million pieces of clothing and all the what-if-we-need this? articles I could think of. The result? A celebration of our history as a Filipino people and the bounty of our God!



Annie Salvador
Makati Chapter

Why are we doing this?

WE ARE DOING THIS BECAUSE THESE PEOPLE ARE OUR FRIENDS.

You kept complaining that we had conferences too often and changed plans too much. Well, that's what it was all about. We not only shared our food and our tents but we also listened to each other, and went by what would work well for the most. This art of negotiating (unskilled though as we practiced it) you learned too as you played with these boys and girls who fast became your bosom buddies as well. You realize you know the Titos and Titas by their children (who's Daddy is he)? To travel all those kilometers (1900++!) by our lonesome would have been a tragedy, wasn't Baguio a lonely place until Jonathan and Ate Roslyn arrived?

Our need for these people was never more pronounced than when we experienced our tire troubles, the first, a burst tire on the way to Banawe, and the second, a flat between Callao and Aparri. But Tito Oca and Tito Andy and Tito Benjie (excuse me — the Daddies of Ate Denise and Marci and

Mariel) stayed with us, waiting, assisting, losing time for us. What a wonderful show of friendship!

And of course, there was the "break-away," when half the cars got cut off the convoy, and we had to feel our way to Tuguegarao. We joked about it a lot, but that was a tense moment, and it was diffused only by faith, that the other group would not go on without us. There may have been fifty of us, but we were one.

WE ARE DOING THIS BECAUSE THIS LAND IS OUR HOME. Here was your first-hand view of the lambak, the kapatagan, the yungib and the hagdang-hagdang palayan. Did you see the ruin caused by carelessness and wanton exploitation? You saw eroded mountainsides, kaingin as it ravaged the fields, pollution and denuded forests. We honeymooned in Banawe, 12 years ago, and then it was a much, much more lovely place — drink in this loveliness now, because another 12 years into the future, it will fade still some more.



From 29 Mar to 4 Apr, we traveled with 8 other BCBP families to Banawe, Cagayan, Ilocos Norte and Ilocos Sur on an 8-vehicle convoy. In driving legs ranging from 4 to 10 hours each, we visited our country's north. We traveled with 5 kids, 3 boxes of canned goods, one million pieces of clothing and all the what-if-we-need-this? articles I could think of. The result: an unbelievable rigodon of packing and unpacking, coupled with maddening cabin-fever (or should I say van-fever).

But most overwhelming of all were the children's questions: How long will it take this time? How many more hours/minutes/songs? Why do we have to go there? What are we doing here? What is this place? Why can't we (swim, play, _____) instead? **WHY ARE WE DOING THIS?** And so, children, here, once and for all, is my answer (I didn't really reply satisfactorily during the trip, for reasons of fatigue — mine — and safety — yours).



And yet,
beneath
the cracks

and the scars, we have a beau-

tiful country, surely you saw that too. Have we told you that the oldest Rice Terraces date back to before Jesus was born? We saw the Cathedral of Callao, my private name for the Callao Caves, which, in view of its majesty and hushed interior, is nothing but. We saw the stately, wizened houses of Vigan, riding around town in that evening kalesa ride. Can you imagine our 18th century kababayan's living and dining and growing up in those houses? There was even our bonus Tuguegarao landscape — eerie, other-worldly, breathtaking.

This land is our home, and it is populated by such NICE people. Do you remember the boatman in Pagudpod who got so tired untangling the fishnets from his propeller, and yet smilingly promised us another ride the next morning? There was the woman in the Aparri store who let you all have free run of her house, from the bathroom to the pigs in her yard, and the restaurant owner in Banawe who turned a blind eye to all our canned food, even allowing Tita Mari to take over her kitchen and come up with such fragrant sinangag! Be proud of our land and its people — it is good to be a Filipino.

WE ARE DOING THIS BECAUSE THIS IS OUR HISTORY. It is the Centennial, after all, and that is exactly why we named our trip the Centennial Escapade. You of tender ages, can you grasp the significance of 100 years of freedom or imagine the number of men and women who gave so much for all that we now enjoy? Much more than the Ifugao huts and costumes, the cobbled streets of Vigan and the barong Tagalog, this perhaps is their real legacy to us: to be able to roam our country, free to stop where we please and feel at home nonetheless.

You ask: Why did we go see the man who robbed our country? Who are the candidates for mayor/governor/councilor in this town? Who will be your president? Can I go with you when you vote in May? We appreciate your concern and consciousness, because one day you

Opposite page, the centennial tourists on a respite; left, the caravan of eight vehicles; below, Annie with one of her bundle of joy.

will be the voters and you will go to the polls and cast your ballot for the best persons to lead our country. One day, you will be the parents, and you will perhaps go on another road trip with your family and friends (will they be the families of Alfie and Jay, Brian and Toby?).

WE ARE DOING THIS BECAUSE THIS IS OUR GOD. And we celebrate his creative power. How could the miles and miles of Rice Terraces possibly be man-made? Surely such grandeur could only have been designed by God! Somehow, when our group would be split into two towards the end, God decided it was not yet time, and he let the skies over Pagudpod grow dark and threatening, sending us ALL off to Laoag. Do you remember the Patapat Bridge, where we saw

the Pacific waves meeting the China Sea in mighty surges, crashing against the land.

And we celebrate his overflowing bounty. We left with no reservations, but with diligence and resourcefulness, we slept safely and peacefully each night. Each meal was a feast, punctuated with surprised ohs and ahs, because no one expected that in such short periods of time and under such circumstances, we could eat so richly. The pilgrimage to Our Lady of Piat, with a Mass especially celebrated for, was a wonderful bonus, and on Daddy's birthday!

And we celebrate his sure protection. We were so well taken care of, we traveled rough and unknown roads at all hours of the day and night, feeling utterly safe and unworried, seemingly cradled in angels' wings. We experienced a whole lot of tiredness, tensions and petty irritations, but we came home deeper into our



relationships than ever before, looking back at our Centennial Escapade week and, declaring "It is good!"

JESUS CURE... from page 10



Cata: My world was falling apart. Yes, materially we were well off, I was fulfilled in my work, but our family life was disintegrating. It was only when I sought the guidance of our Lord and claimed His promise in Matthew 11: "Cast your burden upon me and I will give you rest..." that I learned to release myself from all the negative feelings within me and accepted the weaknesses of Clem as a human being and acknowledged my shortcomings as a wife. I began to slowly change my ways. If ever Clem noticed the changes, he just kept quiet and continued with his own ways.

Soon the business of Clem prospered and likewise, my dedication and hard work paid off as I got a series of promotions. Suddenly one day, a few months af-

ter the assassination of Ninoy Aquino, the business world of Clem collapsed and we were faced with a serious financial set-back.

Truly the Lord knows when best to bring two of His beloved people together, for it was in those moments of helplessness and anguish that Clem and I both took solace in each other and together turned to God.

To pay the mounting obligations of Clem, we agreed to sell the house and other properties that we had acquired, including the cars we owned. And a few weeks before Christmas, we moved into a rented house where we spent the barest yet one of the most peaceful and happiest Christmases we had known for a long, long time.

Clem: I do not know what the reasons could have been why I was moved to go to mass every day about a month before my business world collapsed. It seemed odd, but I did not expect God to be so unreasonable. I know now that because God loves us, He did push me to church so that I could draw on his strength when troubles came.

And as the difficulties continued, God continued to give me his attention. I attended an LSS and soon after that the Metro Club BCBP breakfast and the Chris-

tian Life Program. Before long I turned over my cares to Him and said: "Lord, you can take anything and I can bear it. But since I was the one who inflicted the wounds in you, you can punish me but please do not include my children and my wife." His answer to my prayer: our children finished schooling in good schools; my wife got promotions and incentive pay that enabled us to meet our dwindling finances.

One of the things I learned is that when trouble knocks on our doors, we can knock on God's door. And be assured that He'll open His doors to us. This wasn't me before because I believed in my abilities so much, not realizing that such talents came only as a gift of God and could be taken back. I also learned that God will put us in the dark only to remind us that He is still and the only Light.

Most of all, in times of trouble I never ask anymore where God is. Rather I ask myself where He is not. And He has never failed me. When my troubles are great, His provisions are even greater. At times He is way ahead of me in putting my problems to rest. Can we ever find a friend so faithful? Can we ever find someone who can share in our sorrows like He does? I do not know about you. But me? I cannot. ☪

COMPROMISE... from page 16

Let me ask you a question: If you were to make an honest assessment of your heart today, does your life have any of the symptoms of compromise I mentioned above?

If you answered yes, you can do two things. First, go to your mirror, look yourself right in the eye and, before God, confess who you really are when nobody else is looking. There is something about honest confession that impresses God (Luke 18:9-14).

Second, find yourself an accountability group. If you don't think this is important, let me give you

an interesting statistic. There is a common denominator in almost every major white-collar crime. It is a lack of accountability to anyone. In the ZZZZ Best fraud I was accountable to no one. In the Orange County bankruptcy, the fund manager was accountable to no one. The Barings PLC bank failure occurred because the arbitrage man was accountable to no one. I know it sounds redundant — the point is crucial.

The higher you go up the corporate ladder of success, the more time you tend to spend alone and the greater

the risk for compromise. But if you have a small group of Christian men who meet on a weekly basis — who are not afraid to ask the tough questions — accountability becomes reality. In this group you talk about your struggles, temptations and prayers (James 5:16).

Today, if you ask me what I will do to prevent going back to prison, I will say: "By trusting in the grace of God and by staying accountable to Bob, Les, Mike and Pastor David Miller, I will keep my promises. I will have the strength to be a man of integrity." ☪

SNIGLETS & ISNIGLITS

More sniglets and a few isniglits, too

Sniglets (snig'lits) — any word that doesn't appear in the dictionary but should
Isniglits — mga salitang Ingles na Pilipino naman pala

Aspect — *n.* Pantusok o pandurog ng yelo.
City — *n.* Bago mag-utso (B).
Deduct — *n.* Ang bibe.

Defeat — *n.* Ang paa (ng bibe?).
Detail — *n.* Ang buntot (ng bibe?)
Deposit — *n.* Gipo.
Disinfect (dis kon fekt) — *v.* To sterilize the piece of candy (or food) you drop on the floor by blowing on it, assuming this will somehow 'remove' all the germs.
Ecnalubna (ek na lub' na) — *n.* A rescue vehicle which can only be seen in the rear view mirror.

Elbonics (el bon' ics) — *n.* The actions of two people maneuvering for one armrest in a movie theater.
Neonphancy (ne on' fan see) — *n.* A fluorescent lightbulb struggling to come to life.
Persuading — *n.* Bago ang second weyding.
Phonesia (fo nee' zhuh) — *n.* The affliction of dialing a phone number and forgetting whom you were calling just as they answer.
Profit — *n.* Messenger of God.

My wife and I find it so difficult to pray together on a regular basis. Is it really that important to do? Why is it so hard to pray with my wife? After more than a decade of marriage, it seems more like work.

These questions are quite commonly met in counseling. Within the marriage relationship there is great potential for human intimacy on all planes: physical, emotional, and spiritual. Most couples share in physical and emotional intimacy; precious few share spiritual intimacy. I have found that prayer together can ignite this spiritual intimacy and enhance or refocus a marriage relationship.

The benefits of praying together

Prayer together gives a couple confidence that they are not alone in life's journey. Matthew 18:20 says that where two or three are gathered together in Jesus' name, He's in the midst. What would He say about childrearing, work, marriage, and financial issues? When we pray with our spouses, we interact with Jesus on the issues we face together. He is in the middle of it. He's part of the experience.

When we pray with our mates, we can be assured that God takes our prayers seriously. We've got His ear. First Peter 3:7 warns husbands to be considerate of their wives lest their prayers be affected. Sitting together in genuine corporate prayer is the ultimate act of consideration. It says to our spouses, "I consider your concerns so important that I am going to bring them up before Almighty God."

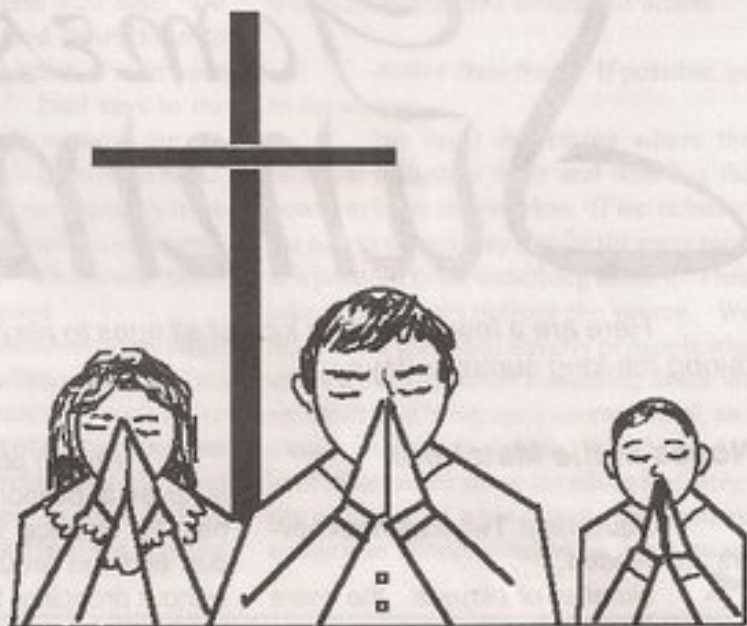
Prayer together brings insight into our spouses' lives. Being together in prayer forces hidden issues to surface and prompts solutions to problems. One couple I know told me that they found it difficult to remain angry with one another when praying together. "Prayer together is a smile upon our marriage," they said.

Praying together with our spouses brings intimacy. Prayer is an act of intimacy. Jesus Himself viewed prayer this way. He needed time in prayer to renew the relationship, share concerns and commune with the Father.

4 guidelines for starting

Beginning a prayer discipline is sometime difficult, especially when both spouses are heavily booked. Here are some suggestions to make getting started easier.

Praying Together



1. Schedule time and a place to pray. Choose a time when neither of you is really tired. Avoid having children and other distractions around.

2. Have realistic expectations. If you decide to pray before bedtime, don't expect a long time of prayer. Start simply. Pray before or after something you plan to do together. Don't give up. The benefits are worth the effort.

3. Be creative and diverse. Thank God for who He is and what He has done in your lives. Read Scripture to Him as a prayer. Walk together in the park and pray. Don't allow preconceived ideas of how you should pray keep you from prayer.

4. Be sensitive to your mate and to the Holy Spirit. In Acts 13:1-3, the early church leaders heard God's voice as they prayed and worshiped. Being sensitive to the Spirit may give you insight into issues in your marriage. Listen to the Spirit and listen to your spouse. Remember that God can speak to you through your spouse, too.

Condensed from "On the Home Front" by David C. Miles, Discipleship Journal #91, 1996

Racing through life will only get you to the finish line that much faster.



Games for Summer

Here are a few games for kids of all ages to play when activities lag during the long summer days.

Noses in the Matchbox

Equipment: Two matchbox covers are needed.

Number of players: the more the merrier!

Preparation: The players are separated into two equal teams. They stand in two lines facing forwards.

How to play: The first player in each team is given an empty matchbox cover which she slides onto her nose, her nose is now inside the matchbox cover. She passes the matchbox cover onto the nose of the next player in her team, and so on, down to the end of the line. If hands are used, or the matchbox cover falls to the floor, it must be returned to the front of the line. The winning team is the first to pass the box cover using only their noses to the end of the line.

Balancing Balloons

Equipment: One balloon and one paper cup for each team.

Number of players: 2 to 10.

Preparation: Form players into two or more teams, have each team form a circle with players facing out.

How to play: The first player is given a balloon and paper cup. He has to balance the balloon on the cup and run around his team's circle without dropping the balloon or touching it with his hands. Teammates can coach but cannot help him. When the player has returned to his place, he passes the balloon and cup to the next player, and so on. Anyone dropping the balloon must go back to the beginning of his turn. The first team to complete the race without dropping the balloon wins.

Banana Race

Equipment: One banana for each player.

Number of players: One player for each banana.

How to play: Give each contestant a banana, and at the signal "Go", each contestant must peel and eat his banana while holding one hand behind his back. In other words, he will peel and eat the banana using only one hand and his teeth. The first one through, and able to whistle, is the winner. If the banana drops on the ground, the player is disqualified.

Bible Sharing



Be transformed!

Deep in our hearts, we all yearn for the Spirit's presence. Often, however, obstacles can prevent us from knowing his grace more deeply. These scripture selections show us some steps we can take to remove these obstacles and open our hearts to the Spirit's transforming power.

Luke 23:34

Psalms 24:4-5

Galatians 3:28

Matthew 25:40

Romans 8:32-39

Romans 12:1,2

1. In these verses what are the ways we can experience God's love more deeply in our lives? Can you think of other ways?

2. How do these ways emphasize the message of Easter?

3. Share about how you have experienced the creative and renewing power of the Holy Spirit in your life.

4. What can you do to be more open to the Spirit's transforming power?

Last issue Nancy introduced us to the Holy Spirit. Now as she traces the creative and salvific action of God's Spirit from the beginning of time until the present age, she generously shares with us how she prepared for and encountered the Holy Spirit in her own life. This series on the Holy Spirit seeks to help us celebrate more fully 1998 as the Jubilee Year of the Holy Spirit by leading us into a renewed appreciation of the third Person in the Trinity. If you have any questions you would like addressed about the Holy Spirit and His role in our Christian life, please let us know and we will try to include them in this series. -Editor

Second in a Series

As members of a charismatic organization we are familiar with the term 'being filled with the Holy Spirit' since during the BCBP's threshold Christian Life Program we were prayed over for the indwelling and renewal of the Holy Spirit in our life. At the time of my renewal in 1985 (BCLP 9, Makati) I was new to this sort of thing, didn't know quite what to expect and frankly, was a bit skeptical coming as I was from a very conservative upbringing. All during the praying-over I remember trying to categorize my feelings, intellectualize and rationalize what I was experiencing, generally allowing my mind to obliterate the yearnings of my heart. Consequently, although I felt good about the experience, I didn't feel as spiritually uplifted as did most of the others who had gone through the same renewal program. It was only much later that I realized what I lacked.

I lacked the intense desire to be filled with the Holy Spirit, I wasn't even sure that I wanted my life to be under the influence of some mysterious unseen force. I wanted to understand with my mind before I would allow myself to open my heart. I wasn't ready to make that step out in faith. But God is wonderfully patient and understanding and will wait for the slow heart to catch up with the truth.



Being filled with the Holy Spirit

Nancy R. Catan

Searching for the Spirit

And so I began my quest to understand all about the Holy Spirit. I found once I began my search that the Holy Spirit is everywhere. He is in the Church, the

community living in the faith of the apostles which she transmits. He is in the Scriptures he inspired, He is the One who weaves the thread that holds the

holy writings together as the Word of God. He is in the Tradition to which the Church Fathers are always timely witnesses and in the Church's magisterium, which he assists. He is present in the sacraments, in the liturgy, in the signs and symbols that bring us into communion with Christ.

I came to know the Holy Spirit in prayer where he intercedes for us, in the different ministries of service to God and neighbor by which the Church is built up. I found Him in the smiles and fellowship of Christian brothers and sisters.

I learned that He manifests his presence in many traditional and some untraditional forms and symbols that include water, the oil of anointing, fire, cloud and light, the seal of the sacraments, the imposition of hands, the form of the dove, wind or breath of God, music, peace-filled energy.

But for me one of the most meaningful and powerful signs of the Holy Spirit is the love that abounds whenever He is present. Paul tells us that "God's love has been poured into our hearts through the Holy Spirit who has been given to us" (Rom. 5:5).

In creation and salvation

It is the Spirit's creative activity that keeps everything existing. God acts in the Spirit to bring forth and sustain life from the beginning of time to the present era. "When you send forth your breath (Spirit), they are created, and you renew the face of the earth" (Ps. 104:30). In the creation account, the Spirit's activity of "moving over the face of the waters" (Gen. 1:2) manifests the divine creative powers at work in creation. Thus, in the creation of man, the "breath" which is usually associated with the Spirit, is given to man as a vital breath of life (Gen. 2:7).

From the beginning until the fullness of time, the Holy Spirit has been at work, is at work, and will be at work in the Father's plan of salvation. God's Spirit prepares us for the coming of the Messiah. From Abraham to Moses, from David to the last of the prophets through whom God's Spirit spoke the message of salvation, we can see the Holy Spirit as the prin-



ciple mover of human history towards its salvific end.

And God's plan for our salvation took shape when the Virgin Mary conceived the Son of God through the power of the Holy Spirit, bringing humankind into a special relationship and communion with Christ.

Preparing for the indwelling of the Spirit

It is in the preparation for receiving the Spirit's anointing that most Christians fail, writes A.W. Tozer in his book *Keys to the Deeper Life*. He says that before there can be fullness there must be emptiness. Before God can fill us with Himself we must first be emptied of ourselves. And this emptying can take us into the unknown desert of dryness and temptation and wanting to return to our previous life of knows. St. John of the Cross calls this period 'the dark night of the soul'.

Even God's people had to journey out of Egypt's slavery into the desert surrounding Mt. Sinai before they would be

allowed to enter the land of "milk and honey". Like them we often grumble at the hardships and sacrifices we must make as we cross our own deserts and stumble along the rocky paths in search of the better life He has promised us.

Directional signs and guideposts along my journey appeared in scripture and in circumstances. Romans 12:1,2 showed me what kind of transformation was expected of me and what kind of behavior was acceptable to God. Luke 11:13 taught me not to be ashamed or afraid of asking for the Holy Spirit. Acts 5:32 brought my skeptical mind into a state of more complete obedience to His will. I learned the importance of true faith in Hebrews, chapter 11, a faith that enabled me to put aside my intellectualizing and step out into the unknowingness expecting to encounter the Holy Spirit.

Encountering the Spirit

A favorite passage of mine that helps me visualize the creative and renewing power of the Holy Spirit is the account of the Valley of Dry Bones in Ezekiel 37:1-14. Can't you just see yourself all dried out and dusty from the desert sun and sand stirring into life and rising up, coming together in a great community of God's people, in response to the life-giving Breath of God who is the Holy Spirit? I can and it never fails to fill me with awe for isn't this what happens to us when we encounter the Holy Spirit personally in our life?

To this day I am not sure whether I found the Holy Spirit or He found me. It really doesn't matter. I know now He was with me all the time, I just was not aware of Him. As I began to suspend my skepticism and become more fully aware of the hand of God working in my life, I began to experience the fellowship of the Holy Spirit as in 2 Cor. 13:14. Sometimes I do not even need to pray, I simply enjoy being in His presence. I share my life with Him and He shares his with me.

The Holy Spirit became my partner. Scripture is filled with phrases like "working with them" and "the Spirit and us," that make it clear the work of the Spirit is in participation with each one of us. Just read the exciting book of Acts as Luke traces the work of the Holy Spirit and the early disciples together in building the Church.

Friend, intimate, counselor and guide -- the Holy Spirit is all of these. My part is just remaining open to and aware of what He wants me to do, and willing to cooperate.

The Spirit-filled life

But what about the person who has had an encounter with the Holy Spirit? What are the outward signs of a Spirit-filled life? There are many, too many to enumerate in this article. The transformation can be subtle, it can be startling. Suddenly positive manifestations begin to multiply at every turn. It is like planting seeds in the soil of the Spirit and reaping a heavenly harvest.

Paul describes four distinct results one can expect. He says that we should speak to one another in psalms (Eph. 5:19). Can you imagine what an incredible world it would be if our conversation resembled the psalms? Read a few of them. What do you notice about the language used? It is not the usual "I"-centered language we are used to hearing. It is God-centered and leads the reader to lift his praises to God along with the psalmist. This is the first change we can expect of a Spirit-filled life — a change in vocabulary, a softening of harsh words, a life-giving quality in one's speech in place of life-hurting words.

The second sign Paul mentions is that we will have a new song in our hearts (Eph. 5:19). Actually, I've found that it is much more than a song. The melody just seems to bubble up out of the fountain of love that has expanded my heart to bursting. I just have to share this song, this love with those around me. Never mind if my voice cracks on the high notes, or growls first thing in the morning. To God, the song of praise is what is important, He is not so particular as to how it is sung.



*Before God
can fill us with himself,
we must first be emptied of ourselves.*

The third manifestation that we can expect with the infilling of the Spirit is the urge to begin thanking God for everything — the good, the not-so-good, the joyful and the sad, the abundance and the trials. I've discovered that what happens to me is much the same as before, but as I begin to try to look at things with the eyes of the Spirit, everything becomes different. Romans 8:28 really comes alive for me, over and over again.

The fourth obvious sign is that we will nourish a servant's heart. Wanting to serve and share our talents, time and resources with others seems to come naturally to the Spirit-filled Christian, as we follow the examples of Jesus, his mother Mary, the early Christians and holy men and women down through the ages. We are able to live our lives in fuller obedience to the Second Greatest Commandment.

I would like to add another sign. Although at the time of my baptism/renewal

in the Holy Spirit I thought nothing had happened to me, all of a sudden I found myself thirsting for the Word of God. I read the bible from cover to cover, then read again those passages that touched me. Words would jump right out of the page and shout: "This is meant for you!" Even those passages I had previously read and memorized took on new and deeper meaning. This intense desire to devour the Bible and other inspirational and devotional readings I've found to be common among renewed Christians.

Has being filled with the Spirit solved my problems and made life easy for me? No, it has not. But these problems do not seem to overwhelm me as they used to. I have learned to dance with the Spirit, go with the flow. And it might easily be that after we have been filled with the Holy Spirit we will find to our delight that the very filling itself has solved — or at least softened — the other problems for us. ☺

Simplicity

The ability to simplify means to eliminate the unnecessary so that the necessary may speak.

Hans Hofmann

Simplicity, of all things, is the hardest to be copied.

Sir Richard Steele

As soon as you are complicated, you are ineffectual.
Konrad Adenauer

Nothing is more simple than greatness; indeed, to be simple is to be great.

Ralph Waldo Emerson

Everything should be made as simple as possible, but not one bit simpler.

Albert Einstein



Larry de Larrazabal
Makati Chapter

All belong to God

"How blest are the poor in spirit; the reign of God is theirs." Matthew 5:3

What does "poor in spirit" signify? Does Jesus imply that those who have less in life must have greater blessings than the rich? Is Jesus trying to drive a wedge between the haves and have-nots? Is he trying to eliminate the social distinction between the rich and the poor?

There are socialists and communists who hail Jesus as the first social revolutionary, but this he was not. In a different sense he was; he preached a revolution — a revolt of men's hearts and minds. He came to establish the Kingdom of God, to unite all people, regardless of social status, into one family where love, peace and joy prevail.

Jesus appeals to all men of good-will to make visible a way of life where social justice and human dignity are respected and implemented. Whoever wishes to follow Jesus must remain detached from the things of this world, whether they be rich with their millions, or poor with the little they have.

Jesus in no way condemns wealth and power provided they do not become one's masters. The wealthy and powerful can put these to good use, to bring about the welfare of the needy and the less fortunate. The wealth of the world exists for men's use and benefits, so long as they fully realize and accept the fact that all belongs to God and man is only there to manage it.

Prayer

Dear Jesus, the things of this world are attractive and destructive, and you ask us to disassociate ourselves from them. We have a tendency to desire this, while ignoring the needs of the least fortunate. We need to get involved with others and make our participation visible. You came to establish your reign among us, but you need our cooperation. You appeal to us to set aside social differences and in its stead spread the love, preached, for one another. You are counting on us, dear Jesus, so we ask for your grace and strength to change this world into one where God reigns in our hearts.

CRISIS and the HOLY SPIRIT

During the Mactan chapter's February teaching night on Feb. 16, Fr. Socrates Saldoa discussed the direct relationship between Crisis and the Holy Spirit. He emphasized 5 points:

1. While the term "crisis" is akin to a problem, and where response is that of helplessness and negativism, crisis in its truest sense is really **Opportunity**.

2. In crisis, inner strength and values surface, where couples and families in their state of lowliness must hold on together. Children must be taught and made to understand the existing crisis. Hence, it is a chance for the family to unite together to cope up with the situation.

3. In times of crisis, we discover our true friends.

4. Human crisis and Divine Mercy go together. Living the reality will enhance a deeper relationship with God. This is the time where we can learn that without God we really are nothing. We have nothing.

5. Crisis is an opportunity for healing relationships with the Lord. The Holy Spirit comes when we implore His aid. In our barrenness when help seems so remote, we can only cry to God.

In our struggle with the pressures of economic situations and our own persons, God in His goodness and mercy opens to us a door to make peace with Him. **Be sensitive**. It is during these times more than any other time in our life that we can experience what it is like to have Faith.

Source: *Taytayan*, BCBP Mactan Newsletter, March 1998



MANILA

1998 here we come!

The BCBP Manila outreach in preparing for the celebration of its first year as an outreach began the year with a bang by welcoming a percussionist-drummer to its music ministry and a group of enthusiastic singers to its ranks.

February activities included a February 14 Praise and Worship morning workshop on a double-feature with Discerners Training in the afternoon. 34 participated in the music workshop, 12 completed the discerners training. Both were conducted by Nancy Catan.

On March 14 more than 40 outreach members attended a day-long BCLP service team training in preparation for BCLP 3 which began on April 25. Rem



▲ *The Manila Outreach music ministry, all dressed up and raring to go.*

Gopez handled the training with a resource and speakers team of Jun and Nancy Catan, Vic Cuna and Francis Mapile, course leader.

The outreach's Lenten recollection saw a record attendance of more than 50 listening to Fr. John Leydon expound on Creation Spirituality on April 4.

Upcoming activities for the outreach include BCLP 3, April 25 to July

25, 1:30 - 5:00 pm at the Philippine Columbian Association, Plaza Dilao, Paco. There will be a Family Day on May 3 for all members and their families, venue at the Fornier's rest house in Tanauan, Batangas.

Plans are underway also for the celebration of the outreach's 1st anniversary with a Grand Breakfast on May 30 at the Philippine Columbian Association. ☪



LEGAZPI

Outreach activities update



Unit fellowships. January 31 saw the units gather for Family Day fellowships. Units II and III's joint assembly at the Cathedral Pastoral Center was attended by 40 members from 7 action groups. Units I and IV decided to have their affair at the Mayon Spring Resort. About 67 members with 45 children of varied sizes participated in the fun and games. The units all look forward to the next fellowship assembly in May.

1st outreach assembly for the year 1998 was held on February 6 at the

Social Hall of the Cathedral Pastoral Center after the 5:30 p.m. First Friday mass at the Cathedral. The assembly was hosted by Unit I with Fedy Siapno as worship leader. The prophesy of the assembly was "Even before they finish praying to me, I will answer their prayers."

Grand breakfast. Bobby and Marite Laviña, BCBP National Council Treasurer and his wife, were the couple sharers at the February 14 Grand Breakfast of the outreach. It was held at the Ibalong Ballroom, Albay Hotel in Legazpi City.



SORSOGON

1st merienda meeting held

The first meeting of the BCBP in Sorsogon was held on March 14, 1998, at the Our Lady of Penafrancia Seminary Auditorium as a merienda meeting with Rolly and Addie Aberion of BCBP Greenhills as couple sharer. Bishop Jesus Y. Varela D.D. gave the welcome address followed by a message by Maning Lorenzo, outreach head of the sponsoring chapter-in-training of BCBP Legazpi. ☪

◀ *BCBP - Legazpi music ministry during an assembly. BCBP Legazpi had just opened Sorsogon Outreach.*

Diocesan Mini-Congress. Some BCBP members attended the Diocesan Mini-Congress for Clergy and Laity as active participants. The congress met March 1-2 with Archbishop Orlando Quevedo, OMI, Archbishop of Nueva Segovia, as main speaker. The meeting's theme was "Send forth Thy Spirit..." Its basic objective was to clarify the roles of the clergy and laity in building the local Church, especially in the areas of evangelization and social transformation. ☪

ILOILO

SLT completed

The Steward Leaders Training, a course in transformational Christian leadership, was echoed by Joel Adrias to the action group leaders, unit heads and members of the governance team in seven three-hour sessions last February, ending on Feb. 17, 1998.

Joel had taken this course under its formulator, Fr. Herb Schneider, S.J. in April 1997. The SLT stresses the accountability of leaders as stewards, the urgency of the work that God has given them, and the attitude of servanthood that they should adopt.

4 components for a good marriage

Fr. Tom Groarke, CSSR, in a talk before Iloilo's BCMR participants, said that there are four essential components for a marriage to succeed: first the couple should put each other ahead of everyone else, i.e., friends, relatives, etc.; second, commitment; third, forgiveness; and last, prayer. He commented that he purposely put prayer last to point out that if a couple lived the first three essentials, then their life together is in itself a prayer.

The chapter's Brotherhood Christian Marriage Retreat held on Feb. 20-21 at the St. Clement's Retreat House was attended by fourteen couples: one couple from Antique outreach, three couples from Roxas outreach and ten couples from Iloilo.

BAGUIO

"Affairs of the Heart" graduates 16 couples

With "Affairs of the Heart" as theme, sixteen couples finished the 3-day BCMR conducted by the Baguio Outreach on February 13-15 at the St. Paul's Retreat House in La Trinidad Valley, Benguet.

LEYTE



The Leyte encuentro: On Oct. 20, 1997, the four outreaches of Leyte - Ormoc, Tacloban, Baybay and Maasin - together with Cebu and Mactan chapters gathered for a day of fun and fellowship in Ormoc. 350

attended. The only complaint for the day was lodged by a winning group who claimed the event was won by another team!

ORMOC

BCLP 4 opens

57 participants registered during the opening of BCLP 4 on February 21 at Pongos Hotel, Ormoc City. Course leader is Jun Capahi assisted by wife Mila; chief servant is Ansing Malasarte with wife Perla.

BCBP Ormoc is an outreach of Mactan Chapter with Mactan chapter mission head Nelson Daus with wife Baby, and brothers Ted Oliva and Jess Alino as guests for the occasion.

Ormoc outreach is also opening its own outreach in Baybay, Leyte. Mari and Irma Paras head the mission team for the Baybay outreach.

MACTAN

3 BCLPs begin in March

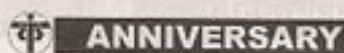
Mactan chapter set a record when it opened three simultaneous BCLPs in March. The Mandaue Group and the Singles' Group opened on March 21 at the Flormont Hotel. The Lapu-Lapu Group started their BCLP one week later on March 28 at the Caesar's Mansion.

Wilbert/Girlie Ang are the course leaders for Mandaue with chief servants Butch/Inday Pilapil assisting them.

The Lapu-Lapu Group's course leader is Arlin/Lita Tan with Danny/Ching Sagarino helping them as chief servants.

EQ/Jojo Cabahug serves as course leader for the Singles' Group with Liz Malaluan as chief servant.

The BCLPs followed the chapter's action group leaders training on February 15 at Flormont Hotel. The one-day training prepared members to take on leadership roles in the chapter's 24 existing action groups and the ones that will be added upon completion of the BCLPs.


ANNIVERSARY

BROTHERHOOD OF CHRISTIAN BUSINESSMEN & PROFESSIONALS

**18th NATIONAL ANNIVERSARY
May 29-30, Metro Manila**

BULLETIN

**METRO MANILA
HOST CHAPTERS:**

Alabang
(Lead Chapter)

Greenhills
Las Pinas
Makati
Paranaque
Quezon City
Rizal

**PROVINCIAL
CHAPTERS**

Bacolod North
Bacolod South
Cagayan de Oro
Cebu
Dagupan
Iligan
Iloilo
Mactan
Puerto Princesa
Tagbilaran

OUTREACHES:

Antique
Baguio
Baybay
Bukidnon
Buluan
Calamba
Cavite (La Naval)
Davao
Dipolog
Dumaguete
Lagundi
Lipa
Lucena
Maasin
Marikina
Ormoc
Ozamiz
Roxas City
San Fernando
Tacoloban
Tagum
Tubigon
Tuguegarao
Villamor A.B.

**BUSINESS
EVANGELIZATION:**

Coca-Cola
Dutch Boy, Phils.
Iligan City Gov't.
Victorias Milling Co.
Workers of Christ

Preparations are underway for the holding of the 18th National Anniversary celebration of BCBP on May 29-30th. This celebration is hosted by the Metro Manila Chapters namely, Greenhills, Las Pinas, Makati, Paranaque, Quezon City and Rizal with Alabang as lead chapter. Alabang Chapter head Charlie Carballo announced that venues for this celebration have been reserved, mainly, Villamor Airbase Gym for the worship on May 29 and the Sportslink as the major venue for all other functions on May 30.

Activities lined up for the celebration include a Sportsfest (golf, bowling and tennis) to be held at the Villamor Airbase and the Astrobowl Magallanes on May 29, to be capped by a worship at the Villamor Airbase Gym in the evening.

The following day, simultaneous joint breakfasts will be held by all Metro Manila Chapters to be followed by a bazaar at the Sportslink which is located beside Harrison Plaza fronting the Ninoy Aquino Coliseum. Mass will be held in the afternoon followed by the awards for the songwriting contest.

Entertainment will follow after the proceedings.

Unit leader Ruben Macairap has been designated as overall chairman and he has designated action group leaders Jun Dioquino and Noel Talosig and D.L. Amante Caronongan as members of the planning committee.

Ongoing consultations and preparatory meetings have been held with Secretary General Sammy Ulanday and Managing Director-Luzon, Fernando de Larrazabal and representatives of other MetroManila chapters.

The Makati City Chapter will be handling the Bowling Tournament with Oscar Ballares as Chairman. Alabang Chapter is organizing the Golfest, headed by Amante Caronongan and the Tennis Tournament with Doy Nunag as Chairman.

Rizal Chapter will organize the Bazaar which is being opened up to BCBP members.

Info sheets/reservation forms are being distributed to all provincial chapters to secure feedback on the number of participants or families who will need hosting in the homes of BCBP members in Metro Manila.

These reservation forms should be faxed/received by the BCBP head office not later than May 5.

Various committees are being organized for planning and management of the anniversary celebrations.

1. Steering Committee
2. Physical Management Committee
 - Venue
 - Physical Arrangement
 - Traffic Management and Security
 - Food
 - Programs, Games
 - Worship
 - Liturgy
3. Resource Management Committee
 - Ways and Means
 - Budget and Finance
 - General Services
4. Secretariat
 - Communications
 - Registration
 - Secretariat
5. Sports Committee
 - Golf, Bowling, Tennis
6. Bazaar Committee

Rm. 31 P & L Condominium, # 5598 South Super Highway cor. Arellano Ave., Palanan, Makati City, Metro Manila
Tel.Nos. 804-0611 -12 loc. 216 & 242, Direct Line/Telefax No. 551-1973, E-mail address: bcbp-nc@i-manila.com.ph.

Musings

Cynthia Matas
Cavite City Outreach

Late have I loved Thee

Friends come and go...I wonder why they come into my life only to pass through. A few close friends do stay though and they make my life better for knowing them...sharing pains and joys...meriendas and recipes...heartbreaks and tears of joy...

One good friend I have is Jesus. And yet I wonder just how much of a friend I am to Him...

I would like to share with you this thought from St. Augustine on loving Jesus...I grew up knowing and loving Jesus...but not enough, never enough, and not early enough...is it ever early enough? As I reflect on my friendship with Jesus, I find I need to examine my other friendships...using the criteria of St. Augustine, am I loving enough...???

*Late have I loved Thee,
O beauty so ancient and so new,
late have I loved Thee!
And behold,
Thou wert within and I was without.
I was looking for Thee out there,
and I threw myself, deformed as I was,
upon those well-formed things which Thou
hast made.
Thou wert with me,
yet I was not with Thee.
These things held me far from Thee,
things which would not have existed
had they not been in Thee.
Thou didst call and cry out
and burst in upon my deafness;
Thou didst shine forth and glow
and drive away my blindness;
Thou didst send forth Thy fragrance,
and I drew in my breath,
and now I pant for Thee;
I have tasted, and now I hunger and thirst;
Thou didst touch me,
and I was inflamed with desire
for Thy peace.*

Thoughts & Quotes

Nitz Butao
Butuan Outreach

POLISHING

A gem cannot be polished without friction, nor a man perfected without adversity. This is similar to the way God works with us. We may be grieved by various trials, but when we understand what is behind them we can rejoice even in adversity.

God has one goal in mind during the refining process; that our faith may be found to let us praise Him and thank Him for the trials. Knowing this enables us to look beyond the unpleasantness of "polishing" to see the outcome of the purification process. For, as the saying goes, no pain, no gain.

One trial that we sometimes meet is a long-term illness that God, despite our fervent prayers, does not remove. We need not give in to bitterness, rebellion, self-pity or guilt.

When these emotions hit us, we can be honest with God for He understands. We then become a channel for His love and witness with our lives and our afflictions. A very consoling thought for me in times like these is that there is nothing suffered by the body from which the soul may not profit.

I've heard many people excuse their own foolishness by calling it fate. No matter what our situation, I believe that we are responsible for what we do. We might as well stop making excuses for our faults and take the first step in exercising Christian responsibility. God created us and saw that we are good. Are the things we do to ourselves, is the way we are living out His process of polishing, good?

Superior man versus inferior man

By Lao Tzu

A superior man is concerned with virtue.
The inferior man is concerned with wealth and power.
A superior man understands what is right.
A superior man understands what is profitable.
A superior man devotes his life to a conviction.
The inferior man is always of convenience.
A superior man serves his fellow men.
The inferior man forces his fellow men to serve him.
A superior man shuns adulation and adoration.
The inferior man attaches his name to every highway,
bridge, building and monument.
A superior man listens to the voice
of the people and God.
The inferior man listens only to his own and his
wife's voice.

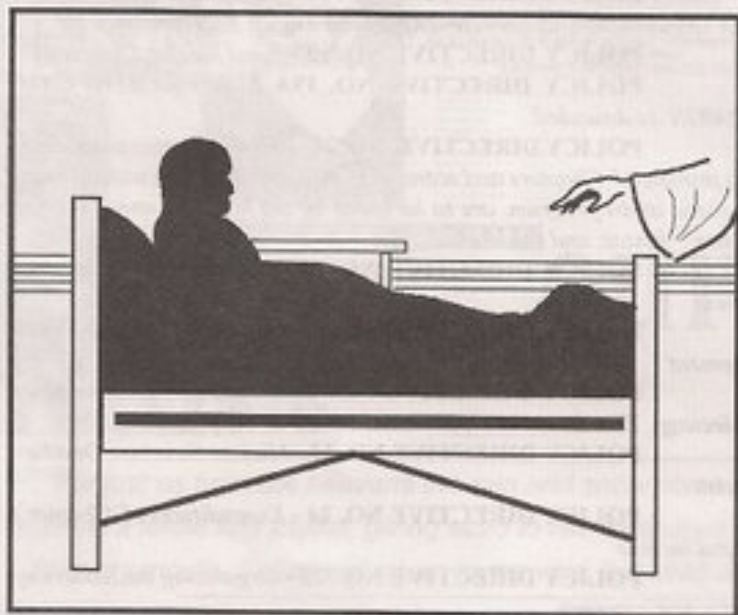
Source: *Kauturan* BCBP Iloilo, Sept. 1997

To know God is to experience His love for us in our lives. John 3:16 aptly described it and I quote, "For God loved the world so much that He gave His only son so that anyone who believes in Him shall not perish but have eternal life."

Brothers and sisters, I would like to share with you an aspect of my life wherein I experienced God's love. God loved me so much that in April 1991 he allowed me to have a stroke. I did not accept what happened to me then because I refused to acknowledge God's presence in my life.

Like many of us, I had a very happy childhood despite our being poor. But this carefree and happy childhood turned into a painful experience when my father was taken from us and imprisoned for bigamy. Although one is poor, you don't experience the misery when one's parents are around to lighten the burden of poverty. Things changed when my father left us to serve his sentence.

At that time we only attended mass twice a year, during the town fiesta and Christmas. As the oldest child, I was obliged to help my mother provide for the family. These hardships left a



deep imprint in my mind. It was a great relief when my mother's older brother took the family under his care. But life was still difficult because of the stigma of being a convict's son. I thought then that if God was not around to help, I might as well make it on my own. I began to concentrate on my studies and with determination and hard work, I graduated with honors from college and passed the CPA board exams.

Thereafter, I joined one of the country's top accounting firms and rose to economic success until I became one of the key officers of a client company. I was also able to pursue my dream to earn a master's degree from the Asian Institute of Management in 1985.

I was very confident then of my success... until the stroke happened. It was a Sunday, so I took my usual afternoon siesta. While sleeping, I dreamed that my body was numb specifically my left arm and leg. Suddenly I woke up to realize that indeed the left side of my body was numb; I was perspiring heavily and my heart beat very fast. I was rushed to the hospital and later, the left part of my body was paralyzed.

**"I
asked
God why do
I have to
experience
hardship?"**

**I
was**

paralyzed!

Remigio "Remy" Gabuya, Davao Outreach

While in the intensive care unit, I questioned God's sense of fairness... Why me? I, who suffered deprivation during my childhood? I, who persisted and overcame poverty? I, who did my best to be a good husband and father to my family? My "whys" were countless.

That evening at the ICU, I asked my wife to bring me my rosary. After praying the rosary, my blood pressure went down and for the first time in my life, I acknowledged that God must love me.

Soon after that an acquaintance invited me to a Life in the Spirit seminar and since I could not go alone, my wife had to attend as well. Then, came the talk on God's love, evoking years of deep-seated resentments. I was so ashamed to consider even for a moment that God did not love me. God had loved me every moment of my life and it was I who forgot Him... I who abandoned Him.

I came to understand clearly that it was God who had touched my uncle's heart to take us into his care. I realized it had been God who changed and molded my character so that I could rise up to the challenges of life. It was God who had sent me the Holy Spirit who helped me in my studies and enabled me to overcome poverty.

I realized that God was emphasizing to me ... "No dark power on earth is strong enough to withstand the power of my love." Still I questioned: why should I have to experience hardship? And He seemed to smile at me and say, "As gold has to pass through the crucible of fire so must you pass through trials and tribulations in life to become a better person."

Finally, I understood why I had to experience having a stroke and why God had allowed it to happen. Now, I know that God's love will pull me through whatever difficulties I am confronted with and that He is with me each step of the way.

ASK, AND YOU SHALL BE ANSWERED



Starting in this issue, we are opening a section that we hope can address questions that we have all been wanting to ask. Initially, we are enumerating here the list of Policy Directives (PDs) with their brief description, to be followed later in full text publication.

If you have any questions on any of the articles that will be featured in this section or otherwise, please address your inquiries to: *The National Council c/o the Editor, Kapatiran Magazine*. Answers provided by the members of the National Council will be published accordingly in succeeding issues.

POLICY DIRECTIVE NO. 1 - Specific functions and responsibilities as enumerated in the Mission and Vision Plan of 1993-1997 for the NATIONAL COUNCIL

POLICY DIRECTIVE NO. 2 - Specific functions and responsibilities as enumerated in the Mission and Vision Plan of 1993-1997 for the CHAPTER HEADS COUNCIL

POLICY DIRECTIVE NO. 2A - Submission of Chapter Plans, Remittances and Reports

POLICY DIRECTIVE NO. 3 - Standardization of Formation and Teaching Programs (Mission and Vision Plan 1993-1997)

POLICY DIRECTIVE NO. 4 - Chapters are to be assessed on a one-time basis the amount of P20,000.00 as contribution for the start-up operations of the National Secretariat (Meeting of August 25, 1992).

POLICY DIRECTIVE NO. 5 - Assessment of P10,000.00 for the Pinatubo victims (Meeting of Sept. 23, 1992).

POLICY DIRECTIVE NO. 6 - Starting June, 1993 Kapatiran will be sold to the Chapters at P10.00 per issue (Meeting of Nov. 11, 1992).

POLICY DIRECTIVE NO. 7 - All Chapters to remit 25% of gross receipts to Head Office (Meeting of Dec. 2, 1992).

POLICY DIRECTIVE NO. 8 - Opening of new Chapters and Outreaches needs approval from the National Council (Meeting of December 2, 1992).

POLICY DIRECTIVE NO. 9 - Future Chapter Heads and Mission Directors are to be appointed by the National Council. Three names are to be submitted with their profiles, prior to interviews by their respective Managing Directors (Refer to PD No. 2, dated September 1, 1989).

POLICY DIRECTIVE NO. 10 - Procedure for Sponsoring a New Outreach - Approved Dec. 2, 1992

POLICY DIRECTIVE NO. 10A - Chapters to maintain at least one (1) Outreach

POLICY DIRECTIVE NO. 11 - Procedure for Sponsoring a New Chapter - Approved Dec. 2, 1992

POLICY DIRECTIVE NO. 12 - Integration of BCBP Chapters into the Church and Society (Vision and Mission - Goal No. 9)

POLICY DIRECTIVE NO. 13 - Standardization of the Printed or Promotional Items - Approved on June 09, 1993

POLICY DIRECTIVE NO. 13A - The matter of BCBP Endorsement of issues, programs, etc.

POLICY DIRECTIVE NO. 14 - Change of name - Christian Life Program (CLP) to Brotherhood Christian Life Program (BCLP); and other allied matters - Approved on June 09, 1993

POLICY DIRECTIVE NO. 14A - Additional policy with regards to the holding of Brotherhood Christian Life Programs (BCLP)

POLICY DIRECTIVE NO. 15 - In the future BCLPs, only one speaker will be allowed to speak in any given session. The outlines in the Manual does not call for more than one speaker per talk. If there are talks that require a sharing, then it is the speaker who is called upon to share.

POLICY DIRECTIVE NO. 16 - The National Council agreed to break a long-standing tradition and allow qualified women to lecture in the BCLPs.

POLICY DIRECTIVE NO. 17 - Revision of BCLP Session No. 7 - allowing one sharer (approved June 23, 1993).

POLICY DIRECTIVE NO. 18 - To standardize the Chapter Organization nationwide - (Approved August 30, 1993)

POLICY DIRECTIVE NO. 19 - Fund Raising Campaign
POLICY DIRECTIVE NO. 19A FUND RAISING CAMPAIGN As Amended:

POLICY DIRECTIVE NO. 20 - All transportation expenses to provincial Chapters and outreaches that are not in line with an evangelistic assist program, are to be borne by the host (i.e. anniversaries, town fiestas, and the like).

POLICY DIRECTIVE NO. 21 - Unit Structure Development

POLICY DIRECTIVE NO. 22 - Chapter Structure Development

POLICY DIRECTIVE NO. 22A - Monthly Governance Meeting. This directive supplements PD 22 as Section II

POLICY DIRECTIVE NO. 23 - Mission Structure Development

POLICY DIRECTIVE NO. 24 - Expenditures of Chapter's total income

POLICY DIRECTIVE NO. 25 - Organizing the leadership of a new outreach

POLICY DIRECTIVE NO. 25A - Distinction Between Outreach Coordinator and Outreach Head

POLICY DIRECTIVE NO. 26 - Liquidation of advances, financial reporting, assets responsibility.

POLICY DIRECTIVE NO. 27 - Financial reporting

POLICY DIRECTIVE NO. 27A - Monthly Financial Reporting. This directive supplements PD 26 and PD 27

POLICY DIRECTIVE NO. 28 - Asset Responsibility

POLICY DIRECTIVE NO. 29 - Admittance of Masons Into a Catholic Organization

POLICY DIRECTIVE NO. 30 - Chapter Life Director

POLICY DIRECTIVE NO. 31 - Changes and/or amendments on specific teaching tracks.

POLICY DIRECTIVE NO. 32 - BCBP National Anniversary

POLICY DIRECTIVE NO. 33 - Chapter Life Must Do's. This Directive supplements PD No. 30

POLICY DIRECTIVE NO. 34 - Metro-wide, Area-wide activities

POLICY DIRECTIVE NO. 35 - Term of Office

POLICY DIRECTIVE NO. 36 - Specific Responsibility of the Action Group Leader

God ^{also} speaks through the Internet

Through the magic of the electronic world via the Internet, we have been able to establish a communication link with the EWTN, the Catholic cable TV channel.

We e-mailed the station and requested for permission to reprint the mini-book by Mother Angelica entitled "His Pain, Like Mine". No less than Rev. R. Wm. Steltemeier, president of EWTN, personally responded and granted the permission.

This is a major breakthrough, for not only were we able to establish a link and be given permission to serialize this book, but we've also been granted the privilege to reprint other articles available from their website on specific requests. This will certainly expand further our coverage and boost our efforts in propagating the Word of God.

Following is the full text of his response, together with my thank you letter to him.

Dear Ronnie,

Thanks for your e-mail of Monday, April 13, 1998.

This is your permission to serialize the above mini-book in the "in-house" magazine called "Kapatiran".

This permission is reserved to your no-profit magazine called "Kapatiran". As to other mini-books on our website, I would need individual requests from you. Generally we do not grant a request such as yours but since three Filipinos literally designed and helped build Mother Angelica's short-wave radio network called WEWN, I have a soft spot in my heart for all Filipinos (smile, smile). Let's work on an individual basis as to any other articles you might select.

Keep us in your prayers as we will you with kind personal regards, I remain.

Rev. Mr. R. Wm. Steltemeier, President

Ronnie responded:

Dear Rev. R. Wm. Steltemeier,

The editorial staff of Kapatiran and myself are overjoyed at your granting our request to serialize Mother Angelica's book "His Pain, Like Mine". We look forward to this wonderful cooperation and openness you have shown to share the work in spreading God's Word. Be assured of our prayers for your success at EWTN.

With faith in the Risen Lord,

Ronnie Caballero
Managing Editor



First of a Series

His Pain Like Mine

We often look at Jesus with an attitude of predestination - a cold, hard-hearted acceptance of His sufferings and pain. We think, at least in our subconscious, that somehow He had to do what He did and so we sluff it all off with a shrug of our shoulders, without a thought of the awesome wonder of a suffering God. We cannot comprehend a love that desires to feel our misery. The only love we understand is the kind that warms our heart and affects our emotions. We prefer that our love feels pity or sympathy, but not the actual pain of the one we love.

We may see someone with cancer, but we would never desire to actually feel every sharp, throbbing pain. We often say we would rather suffer than see those we love suffer, but this is for the most part, a mere expression of sympathy.

Our meditations on His sufferings are shallow and distant - expressions of pity if we have any devotion or an acceptance of an historical fact that He came, suffered and died. We laboriously try to remember this reality during Lent and quickly forget it at Easter. We joyfully set aside His sufferings and don our Easter clothes as if to shed some disagreeable event by starting anew. Yes, the joy of His resurrection should always be in our hearts and give us that hope that knows no sadness. But do we not lose the one element of Easter that assures our hope of a never ending source of joy? "See My Hands and My Feet," Jesus told the doubting Thomas. His risen, glorious body continues to carry wounds, but these wounds provide our greatest consolation, our deepest joy and our assuring hope. These wounds open to us the secrets of His Love and give us a confident trust in His mercy. We can no longer doubt His love for us - we can no longer chide Him for permitting injustice in our lives while He never felt this painful sting.

to be continued in next issue



Ronnie Caballero. Accessing the resources of Internet cyberspace opens up exciting new dimensions for the Kapatiran, believes Ronnie as he begins serializing one of Mother Angelica's mini books. Ronnie is not only getting into the Kapatiran action but also maintains his participation in his Makati action group, the very active AG that loves to do things together like exploring far-flung areas during the summer months.



Nancy Catan. Although relinquishing editorship of the Kapatiran where she served for eight years, Nancy continues to write and help out the staff when needed as editorial consultant. She and her husband Jun are now active in the Manila Outreach where they serve as Outreach Head. Nancy also conducts Steward Leaders Trainings, averaging one course a month. Her plans this year include accompanying her mother-in-law to the Holy Land and Lourdes, plus being present for her Mom's 90th birthday in Chazy, NY.



Eddie Mendoza. A prolific reader and writer as well as a busy business executive and BCBP Greenhills chapter head, Eddie enjoys sharing his faith and marketplace experiences with others. He has been tasked by the National Council to finalize the BCBP Christians in Business Retreat (BCBR) and to help out with the review and revision of the BCLP Course Manual.



Fernando de Larrazabal. Tito Larry's "One Minute Meditations" are a source of inspiration not only to many of us in the BCBP but also nationwide where they can be heard over the different radio stations of the Radio Mindanao Network (RMN). Plus he is now finishing another book on the subject. Is this your third or fourth book, Tito Larry?



Sammy M. Ulanday. Whatever the occasion, the BCBP spirit shines through. Sammy is a first hand witness to this in his job as BCBP SecGen, as BCBP Greenhills member, and as a member of the Ulanday clan. His wife Veron and son Saul can be seen with him in most BCBP gatherings enjoying this BCBP spirit, too.



Annie Salvador. Annie does it again — something many of us dream about doing but find reasons/excuses not to — imagine taking off with husband and 5 kids and 8 other families into the unknown "wilderness" and surviving joyfully and serenely (at least outwardly). More power to you Annie!



Nitz Butao. Nitz continues to share with us bits and pieces from her scrapbook of inspiring thoughts and quotations. A member of the Butuan BCBP outreach, she writes a weekly column for the Northern Mindanao Chronicle.



Cynthia Matas. Mother of four and wife to Dioko, an active military officer, Cynthia likes to write and has kept a personal reflection journal for years. Based in Sangley Point, Cavite she and Dioko are unit leaders in the Cavite City outreach where she also serves in the teaching and formation ministry of the outreach.

Eternal Flame

Today I lit
a candle
On the
altar of my
heart.
And I
prayed
the glow
within me
Would ignite a
magic spark.
A flame to burn
forever
So that always
I will see,
A world that's
filled with beauty
Because he
glows in me.

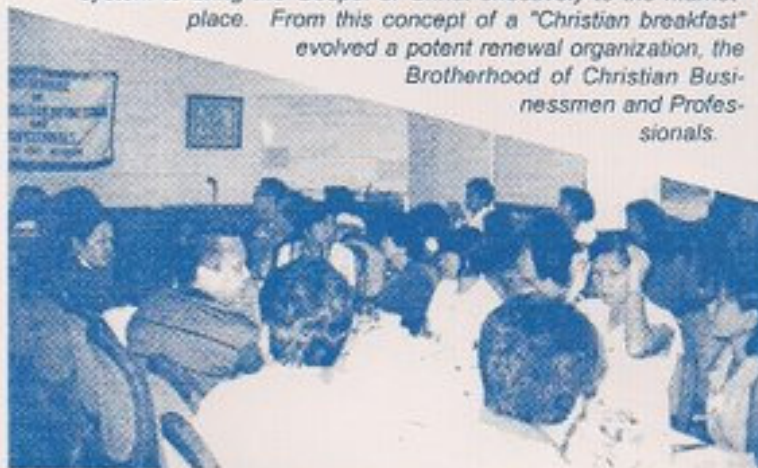


Chris Zambernard

The BCBP Breakfast

THE SPIRIT OF THE BCBP BREAKFAST

The Breakfast is unique to the BCBP. There is no other organization that is known to have instituted a breakfast that has changed the lives of so many businessmen and professionals. The BCBP has the singular distinction of having introduced and sustained the breakfast system to bring the Gospel of Christ effectively to the marketplace. From this concept of a "Christian breakfast" evolved a potent renewal organization, the Brotherhood of Christian Businessmen and Professionals.



The Breakfast is a basic entry point for personal renewal. This is an important objective of the breakfast. It must continue to be the easiest way to a person's search for spiritual renewal. The simplicity of form and the effective delivery of the Gospel message through the "sharing" are key to the painless introduction of a businessman or professional to the door of Christian renewal.

The Breakfast is a means to continue upbuilding the members of the BCBP. The breakfast attendance is not an "option" for BCBP members but rather a commitment to the evangelistic culture of the BCBP. As members we are bound to not only evangelize in the breakfast but equally important to "fellowship, share and upbuild" our brothers and sisters through attendance and participation in the breakfasts. This is an inherent part of the BCBP culture which we have sworn to propagate in the marketplace. Every breakfast where we share our work experience with one another strengthens and upbuilds our members. This confirms the support that they are not alone in the resolve to actively bring Christ to our marketplace.

MEN'S BREAKFAST (7:30 A.M.)

Wednesdays - MAKATI: Makati Sports Club

Thursdays - GREENHILLS: Club Filipino, Greenhills

VILLAMOR: Villamor Golf Club (1st & 3rd)

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

Saturdays

ALABANG: Ayala Alabang Country Club, Muntinlupa

BACOLOD NORTH: Roli's La Salle, Bacolod

BACOLOD SOUTH: McDonald's

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

BAYBAY: Angelicum (1st & 2nd Sat.)

BUKIDNON: Taipan Restaurant, Valencia (1st Sat.) Hotel Malibu Malaybalay (3rd Sat.)

CAGAYAN DE ORO: Paulo's Restaurant, Cagayan de Oro

CALAMBA: Max's Restaurant

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

DAVAO: Terraza Millesa (1st, 2nd & 3rd Sat.)

ILIGAN: Sunburst Restaurant

ILOILO: Amigo Terraces Hotel

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

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

LUCENA: Halina Hotel & Rest., P. Gomez, Lucena City (1st & 3rd Sat.)

MACTAN: Flormont Hotel, Cebu City

PARAÑAQUE: The Village Restaurant, Cabarus cor. Palanca, BF

PUERTO PRINCESA: Seafont Restaurant

QUEZON CITY: Terrace Grill, 119 Rocas Avenear cor. Morato

RIZAL: View Square, Sumulong Highway, Antipolo

ROXAS: Kanami Restaurant

TACLOBAN: Don's Cabin, Justice Jimenez St. (2nd & 4th Sat.)

TAGBILARAN: La Roca Hotel



Above: Butuan ladies at breakfast; left: Legaspi joint breakfast

MEN'S LUNCHEON (12:00 NN)

Saturday - DAGUPAN: Celebrity House, Arellano St.

MEN'S MERIENDA (4:00 P.M.)

Saturday - TUGUEGARAO: Marilyn's Restaurant (2nd & 4th Sat.)

LADIES' BREAKFAST

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

Thursdays - GREENHILLS: Club Filipino, Greenhills San Juan (3rd Thurs.)

Saturdays

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

BACOLOD NORTH: Jollibee, Bacolod City (3rd Sat.)

CAGAYAN DE ORO: Tia Nanang, Corales St. (2nd & 3rd Sat.)

CEBU: Ding Qua-Qua Restaurant (3rd Sat.)

DAVAO: Terresa Millesa (4th Sat.)

ILOILO: Amigo Terraces Hotel (last Sat.)

LAS PIÑAS: Italia Club 500 (3rd Sat.)

LEGASPI: Albay Hotel (4th Sat.)

MACTAN: Flormont Hotel (2nd Sat.)

PARAÑAQUE: The Village Restaurant (4th Sat.)

QUEZON CITY: Terrace Grill (2nd Sat.)

ROXAS: Kanami Restaurant

RIZAL: View Square, Sumulong, Antipolo (1st Sat.)

TACLOBAN: Don's Cabin (2nd Sat.)

TAGBILARAN: La Roca Hotel (3rd Sat.)

JOINT BREAKFAST (7:30 A.M.)

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

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

Fridays - MANILA: Racks Restaurant, Malate, Manila

Saturdays

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

BUTUAN: Echelon Hotel (2nd & 4th Sat.)

BACOLOD NORTH: Roli's La Salle (4th Sat.)

BACOLOD SOUTH: McDonald's (4th Sat.)

BAYBAY: Angelicum Parish Hall (2nd & 4th Sun.)

CAGAYAN DE ORO: Silver Court, Capt. Viceme Roa St., CDO (3rd Sat.)

CAVITE: Emperor Restaurant, Cavite City (3rd Sat.)

CEBU: Ding Qua-Qua Restaurant (3rd Sat.)

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

DAVAO: Terresa Millesa (2nd Sat.)

DIPOLOG: Top Plaza Hotel (2nd & 4th Sat.)

DUMAGUETE: Bethel Rest House (1st & 3rd Sat.)

LAS PIÑAS: Italia Club 500 (1st Sat.)

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

MAASIN: Valtevan Restaurant, Leyte (1st & 3rd Sun.)

MACTAN: Flormont Hotel (4th Sat.)

ORMOC: Pongos Hotel (2nd & 3rd Sat.)

OZAMIZ: Supermix Restaurant (1st & 3rd Sat.)

PARAÑAQUE: The Village Restaurant, BF (2nd Sat.)

QUEZON CITY: Terrace Grill (4th Sat.)

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

SAN FERNANDO: Cafe Rustico, Olongapo-Gnapan Rd.

SAN JOSE: Regina's Restaurant (1st & 3rd Sun.)

TACLOBAN: Don's Cabin (4th Sat.)

TAGBILARAN: J's Seafood Village (2nd & 4th Sat.)

TAGUM: Molave Restaurant (1st & 3rd Sat.)

TUBIGON: Parish Palao Hall (1st & 3rd Sat.)

TUGUEGARAO: Marilyn Restaurant (2nd & 4th Sat.)

THE BCBP COUNTRY

