



# KAPATIRAN

M A G A Z I N E

March 2007

LOVE FOR GOD

LOVE  
FOR  
OTHERS

COMMITMENT  
TO LORD'S  
WORK

LOVE FOR COUNTRY

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## Editor's Note

Welcome to the year 2007! The focus of our articles in this issue is "The BCBP Community". In our Focus article, Rollie Ona reminds us that our community is only as strong as its members and gives us pointers for personal and community growth. Community also means caring for one another and being sensitive to each other's needs. We see this community caring in action in the sharings of Mike Paderon, BCBP La Union, and Marilyn Turalde and Rene Medrocillo, BCBP Cavite. Bobby Laviña in his message issues a challenge for us to SHAPE our lives and community as God directs.

Since this is the Lenten season, our Back to Basics article talks about fasting and feasting as an essential Christian discipline. Tito Larry helps us meditate on the truths of Christ's Passion and Death in his One Minute Meditation.

We are also in the pre-election period with politics filling the air, the media, and practically every conversation. My editorial challenges us to vote heroically in trying to select leaders that we would want to be role models for our children and grandchildren. The PPCRV Guidelines for Voters is reprinted for your reflection.

See you in Cagayan de Oro for the BCBP's 27<sup>th</sup> National Anniversary Celebration - the 27<sup>th</sup> on the 27<sup>th</sup> in 2007! 

— Nancy R. Catan

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April 27-28, 2007  
 The Atrium Limketkai Center  
 Cagayan de Oro City

National Anniversary Celebration  
*Love one another* **27<sup>th</sup>**

**Welcome to the City that has many names!**

**Welcome to the Gateway to Northern Mindanao!**

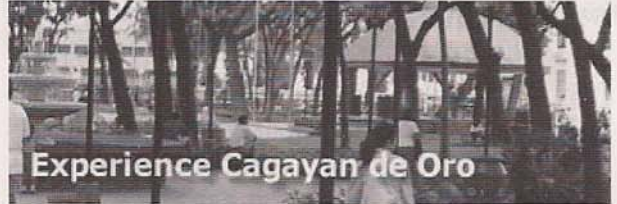
By air, by land and by sea, the city of Cagayan de Oro is accessible to all parts of the Philippine Archipelago. From Luzon and Visayas, through the gateway that is Cagayan de Oro, the other towns and cities in Northern Mindanao can be visited and enjoyed. These include Bukidnon, Iligan, Marawi, Ozamiz, Gingoog, Butuan, Surigao, Camiguin and its White Island.

**Welcome to the City of White Water Rafting and River Trekking!**

The city has gained in popularity since President Gloria Macapagal-Arroyo, herself, went whitewater rafting in 2003. Since then, nature adventures have become destinations in and of themselves, with visitors to the city arriving on the early flight just to rappel down a 180 foot-century old tree, zipline above a gorge, paddle through 14-25 class II-IV rapids, and be on a flight home in time for dinner. For those for whom extreme sports are a little too much, other adventures are available, like golfing in Pueblo de Oro, Del Monte, Bukidnon, mountain biking in the surrounding mountains of Cagayan de Oro, river cruising, canopy walking above a forest, or cave spelunking.

**Welcome to the City of Golden Friendship!**

Before all these other names, our beloved city was known as the City of Golden Friendship because of the warmth and hospitality of its people. Since the town of Cagaya de Misamis became a city in June of 1950, Cagayan de Oro has emerged as one of the most peaceful and progressive cities in Mindanao, if not in the whole country. It is the overflow of emotions we have for our city (enjoyment of the laidback lifestyle in a big city, pride over its progress, excitement over its adventures, impatience over 10 minute traffic jams that interrupt our trip home for lunch and a nap, and comfort in its peace) that is fueling our desire to welcome you into our beloved city. And what better way to do than to be with you, our brothers and sisters in Christ, during the National Anniversary Celebration! The anniversary theme of "Love one another" taken from John 13:34 is truly significant for us. With all the



chaos going on in the world today, at least 2 days with BCBP brothers and sisters from all over the country is something to be treasured. As one national voice, it is a time when we can praise God together, when we can thank God together, and when we can have great times together. Making new friends and meeting old friends becomes even more heartwarming when we know that we all have a common goal, to show our love for God by showing our love for one another. It is with great love in our hearts that we welcome you to the **27th National Anniversary Celebration** on April 27-28, 2007. Or as we like to call it by shortcut, **27th on the 27th in 2007**. See you then!

**Program of Activities**

- Day 1 Arrival of Participants** April 27, 2007 Friday  
 Registration / Billeting at Hotels  
 03:00 pm - Golf/Badminton Tournament/Mountain Bike Expedition, City Tours  
 04:00 pm - General Prayer Assembly @ The Atrium, Limketkai Center  
 07:30 pm - Dinner/Fellowship

- Day 2** April 28, 2007 Saturday @ The Atrium, Limketkai Center  
 06:00 am - Start of Breakfast  
 09:00 am - Program Proper  
 12:00 nn - Free Time  
 05:00 pm - Eucharistic Celebration  
 06:30 pm - Dinner / Entertainment, Fellowship

- Day 3** April 29, 2007 Sunday  
 City Tours, Countryside Tours, Adventure Tours  
 Departure



## The BCBP Challenge

By Bobby Laviña,  
BCBP President

# “SHAPE *or* ADAPT?”

In a classic article published in the *McKinsey Quarterly*, Hugh Courtney, a management consultant asks:

“Is it better for a company’s competitive position to try to influence, or even determine, the outcome of crucial and currently uncertain elements of an industry’s structure and conduct? Or is it the wiser course to scope out defensible positions within an industry’s existing structure and then move with speed and agility to recognize and capture new opportunities when the market changes?”

As Christ’s businessmen and professionals in the marketplace, we have to keep asking these questions for the sake of our businesses as well as for the health of our souls and those of others who depend on us.

On the business side, some might argue that a good strategy is to attempt to shape *and* adapt by specifying actions designed to increase the probability of certain outcomes while simultaneously preparing for others. The problem is that sometimes, the actions needed to shape are incompatible with the actions needed to adapt. Consider the challenges faced by companies trying to make their technology the standard for cellphones: GSM or CDMA? The sponsor of CDMA technology must be totally committed to its cause. It cannot hedge its bets, as an adapter would, by developing chips using the GSM standard or it will spoil its efforts to shape

the future.

On the spiritual front, I think this is even more true: If we wish to shape the future of our souls and those of others around us; if we wish to ensure that our path is directly leading to Christ and finding that “pearl of great price”, we cannot begin to hedge our bets by getting involved in practices like Feng Shui or New Age or even Buddhism—baka sakali....

Yes, the Lord has a perfect plan for us but we can only know it as it unfolds and only if we give Him our complete trust.

And that is the problem, isn’t it? Very often, we catch ourselves questioning and doubting the Lord’s plan. Many times we therefore strike off on our own, depending only on our human faculties and strengths, to get to our desired future. Why? Because we do not trust God enough. Too often, the road He prescribed has changed direction and condition from flat and smooth to uphill

and rough. We say our evening prayers, sleep well, wake up and in the course of the day, we suffer a reversal in health or relationships. God’s “perfect plan” appears to have failed. Since this is contrary to

**“Yes, the Lord has a perfect plan for us but we can only know it as it unfolds and only if we give Him our complete trust.”**

our human nature that desires only the smooth and flat, we find it hard to trust Him completely.

However, this same God who is poised to judge us on the last day is also a God who forgives, not seven times but seventy times. This God who struck down Saul on the road to Damascus also sent Paul to be the bearer of the Good News to the pagans.

## MAKING DECISIONS IN REAL LIFE

This God who called the apostles to be fishers of men also “fished them out” at various times when they needed to be pulled to safety. Peter had to be fished out when he was overcome with fear and was in danger of sinking. Even after that he was again brought back to “safety” after denying Jesus.

So, shouldn't we trust this God? Shouldn't we believe that what He has done for the apostles He will also do for the rest of His people? Shouldn't we follow His directives on how to get to that heavenly kingdom? Shouldn't we listen to His instructions on how we can shape our futures?

Leighton Ford once said, “God loves us the way we are but He loves us too much to leave us that way.”

Let us keep our covenant to be with Him for at least 30 minutes of prayer and scripture everyday and allow him to mold and shape us into His sons and daughters.

Have a blessed Lent and Easter. ☩



**W**e are daily faced with having to make decisions in our marketplace, in our areas of responsibility, and in our home businesses. We are often forced to struggle to attain an acceptable balance between truth, holiness, justice and love, between what is “realistically attainable” and what is “ideal”. ... Is it possible to tread the straight and narrow path that Christian moral norms demand?

First and foremost, we must avoid an attitude of self-sufficiency, of depending upon only ourselves to solve problems, of setting ourselves up on the pedestal of pride and power, of becoming little gods. These would only lead to alienation from God and bring more troubles upon ourselves. Second, we must not resort to self-deception, to the temptation of justifying unethical or immoral actions, both of ourselves and others. This is denial of the truth and can only lead to ever greater lies and deception. Third, we need to examine ourselves in every situation and ask, “What would Jesus do?” “Will my decision/action glorify God and lead others to love and glorify Him?”

Lastly, we must be persons of utmost integrity and honor, and, both in good times and difficult times, walk our talk as committed Christians willingly and joyfully. A person with integrity is the same person in his heart and in his actions, in private and public, at home and in church, in a small group and in a community assembly, at rest and in the marketplace. We become persons of integrity by right formation of our conscience, by molding our character in faith and virtue, and by the power and grace of God working in our lives. ☩

From “*Evangelizing Presence: Fullness of Life in Christ*”, Talk 6: The Christian in the Marketplace, by Pasquale T. Giordano, SJ, and Nancy Russell Catan. (Due to be published in 2007)

*By Rollie Ona, BCBP Makati*

# Community

## A communion and a network

*Sometimes we may get so caught up in the many activities of the Brotherhood – outreach, mission, chapter life, assemblies, action group meetings, etc. – that we may forget that conversion is an on-going process. Rollie Ona, former National Council member, reminds us that a community is only as strong as its individual members and points the way for us to strengthen the BCBP Community. This article is a reprint from the Sept-Dec 1998 issue of Kapatiran and is as relevant to us today as it was then.*

**P**eriodically we need to sit down and take stock of what we are doing in the Brotherhood of Christian Businessmen and Professionals. Many times we speak of ourselves as a “community”, without really dissecting what we mean by the now popular catchword “community”. In brief, the word “community” comes from the Greek word *koinonia* that means unity of heart and mind in the Lordship of Jesus Christ. In the BCBP, we clearly see that we are different people with different backgrounds. Yet because of our common foundation in the Lord and our belief in the BCBP’s mission and vision of bringing Christ into the marketplace, we become united as a community.

When like-minded people band together for a common purpose, there results a sharing of

values that we have articulated as the BCBP’s Core Values: Love for God, Love for Others, and Commitment to the Lord’s Work. (We recently added Love for Country. –*Ed.*) We are able to draw on the strengths of each member and we learn to benefit from one another’s unique gifts and talents, even as we nourish and are nourished by the care and concern of brothers and sisters in Christ.

Being members of the BCBP we can experience different communities within communities – from our families to the action group to the chapter to the BCBP as a whole. And then we find that the BCBP is connected to a larger network of communities, the Partners in Mission, and the even larger Federation of Transparochial Charismatic Communities.

This is all as it should be. We should



never become so enamored with our own mission and vision and what we are doing that we ignore other Christians, their respective mission thrusts and what they are doing. On the other hand we must not be so caught up in community activities that we neglect the interior aspect of being Christian.

***We need a right focus***

One thing we often take for granted is right focus in community life. By this I mean having an internal change and commitment rather than mere external conformity to the community's norms. Jean Vanier, founder of the French community L'Arche in some of his writings discusses several criteria for the building of a good community. He believes "Community is a communion of heart and spirit, a network of personal relationships."

This places a demand on our sense of responsibility because, as Vanier says, "it is very easy to replace relationships and the demands they bring with laws, rules and administrative devices. It is easier to obey a law than to love."

This is true in the BCBP. As businessmen and professionals our schedules are usually tight and there are many demands on our time. So it becomes easier to give a donation, to facilitate others to go on mission and outreach activities, then for us to really love our brothers and sisters. Let's face it, there are some brothers and sisters who are not easy to love. And maybe we ourselves are not easy for others to love.

But God put us together and He demands that we develop personal relationships, that we love and serve one another. We find it necessary to come up with our BCBP Commitment, our formal organization structure and some rules and policy directives so that we may have order in our organization. But these should never replace the demand to love one another, to show brotherly and sisterly love and concern for not only the spiritual needs, but also the emotional and physical needs of others. These rules and regulations are only meant to help us love one another in a better, more orderly, peaceful and harmonious way.

Vanier puts this very nicely when he says: "Each member of a community who grows in love and wisdom helps the growth of the whole

community. Each person who refuses to grow, or is afraid to go forward, inhibits the community's growth. All the members of a community are responsible for their own growth and that of the community as a whole."

As a community we need a good balance of mission activities, chapter life activities, and personal spiritual growth activities. We need to remember that as we grow individually as Christians, as we allow the Spirit to form us in holiness, then we are making our significant contribution to the development of the BCBP and to the Church as a whole. A wise saying declares that "The whole is only as good as the integrity of each of its parts." This is certainly true in the context of a Christian community, like the BCBP.

***A HOST for holiness***

Personal growth often translates into personal holiness. Let me share four areas of holiness which I feel are essential for members of a community. They are summarized in the acronym HOST. These four virtues are: Humility, Obedience, Simplicity, and Truth.

***Humility vs. pride***

St. Bernard of Clairvaux defined humility as "the ability of a person to see himself as he really is and so discover his own unworthiness." It is not shyness or social fear. It is not in being soft-spoken or as we say, "Napaka-humble." We all know of others, perhaps even ourselves, at some time or another who have begun a talk or a sharing by saying, "In all humility..."!

Humility is a condition of the heart. Someone may be shy and soft-spoken but in his heart he is a very proud person. St. Bernard described the proud man as a man "who prides himself on being better than others", one who "has to do something that they cannot do, just to make his superiority clear for all to see. ... He does not actually want to be better, he just wants to be seen to be better. He does not want to lead a better life; but he wants it to be seen that he is better than they are. Then he will be able to say, 'I am not like all other men.'"

St. Paul wrote about humility to the Romans: "I warn each of you not to think more highly of himself than he ought. Let him

*continued on next page*

***A communion and a network... from page 7***

estimate himself soberly in keeping with the measure of faith that God has apportioned him." Then to the Philippians he said: "Never act out of rivalry or conceit; rather let all parties think humbly of others as superior to themselves, each of you looking to others' interests rather than to his own."

If you find yourself often criticizing others, even in your own heart, maybe you are developing an attitude of superiority or pride. Or if you find nothing acceptable in community or in a committee except your own ideas, maybe you should examine yourself closely. If a subdivision guard asks for your license when entering the subdivision, and you get very irritated or angry, maybe you still have room for growing in humility.

As businessmen, professionals, men and women of influence, and as community leaders, we are the ones who are in the greatest danger of losing humility. When we give talks, people listen; people with problems come to us for help. Our opinions seem to be important to many. So it is easy for us to falter in humility. I ask all of you, every member of the BCBP, to please pray for your leaders and for all leaders that they may keep Christian humility well-rooted in their hearts.

***Obedience or spiritual stardom?***

Now let us talk about obedience. The world obedience comes from the Latin word that means "to listen". It applies generally to all of us. It is not just from subordinate to superior, from leader to member, from parent to child. Sometimes listening is not really listening for direction, but listening to understand what is not being said as well as listening to understand what is being said. Listening also requires feedback.

Richard Foster in his book, *The Challenge of the Disciplined Life*, believes that "Service severed from obedience degenerates into spiritual stardom. Service devoid of obedience says, 'Look at how wonderful I am, doing all these kind and self-sacrificing things! Look at how much good I am accomplishing.'"

I am sure you can see the direct connection here between humility and obedience. Scripture in 1 Samuel 15:22 tells us that obedience is better than sacrifice. When

we become content and successful in our service, we need to check the condition of our heart in the areas of obedience and humility. How easy is it for you to accept evaluation and criticism? How open are you to others' opinions? Do you actively seek input, advice and feedback from your leader regarding your spiritual life and adherence to the BCBP Commitment Card? Do you willingly accept service assignments even when you really don't want to do it?

***Simplicity gives us freedom***

The third virtue is simplicity. Again this is not a matter of the externals. True simplicity is a matter of the heart, a kind of inner transformation and transparency that strips our life of non-essentials to give us greater freedom to serve and to please God.

This does not mean that we need to divest ourselves of what we have honestly earned or acquired; rather this virtue asks us to focus our attention on God without being distracted by our worldly goods. We need to live in a way that shows where our joy and security comes from. Many times the more money or possessions or public recognition we acquire, the more we strive to obtain. Before we know it, we have entered an endless spiral of desire and greed. No end to it!

Simplicity is not just a matter of practicing a simple lifestyle. Are you simple in your thinking? Are you simple in ways of relating to others and with the world's goods? Where/what is your treasure? Where is your heart?

***Truth in all things***

The last letter of the acronym HOST is "T" which stands for Truth. Jesus said: "I am the way, the truth and the life." Thus if you say you are living in truth, you are living in Christ. If you are living in a lie, it is the opposite. Very simple, and yet so many versions of the truth abound today. We have the white lie, the gray areas, the half-truths, the lie by omission of the truth, the social lie. We say "Yes" when actually we mean something else. How very devious the devil is in convincing us that there are so many "acceptable" ways to tell the "truth"!

St. Paul spoke to the community in Ephesus. He said: "Put a stop to lying, speak



the truth to one another.” He found it necessary that people speak the truth to one another so that relationships could grow and develop. If we lie to one another, if we cannot keep our word or trust in each other’s word, we can never be a people united. Unity and harmony have their foundation in trust and honesty.

What kind of example do we show our children when we ask them to say we’re not at home to the telephone caller when actually we just don’t want to be disturbed?


Repeated lying is a serious distortion of character. We are supposed to be formed in the image of God but we are being distorted into the image of the father of lies, Satan, when we resort to lying, especially to habitually telling “little white lies”.

***Being part of the community network***

As we grow in personal holiness in the BCBP, in community with others who are also

growing spiritually, we form a network of personal relationships. If we are not growing, if we let ourselves become distracted from our on-going conversion experience, if our life journey becomes distorted along the way – then the network is weakened and our community becomes less strong.

We need to love and serve one another in community. I believe it is equally important to allow ourselves to be loved and to be served. There is a time to be a member as well as a time to be a leader.

How many significant and lasting friendships have you developed and nurtured in your years in the Brotherhood? We need to take time out to do what Our Lord commands us to do: “Love one another as I love you.” When this happens then we can all say that truly the Brotherhood is ‘community’ and that we are united and bonded together in its network of harmony and peace. 



*Installation Day of Southern Tagalog Leaders, Jan. 6, 2007: (clockwise) Oathtaking of chapter heads and of Mel Rebutica as So. Tagalog RCD; “from the heart”, a special presentation by BCBP Lucena; Cavite-Imus leaders enjoy the celebration; Pres. Bobby Laviña poses with leaders and friends.*

## Celebrating **Community**

By Nancy R. Catan

# Community means *Caring*

**I**n the BCBP Community we encourage each other to be our true selves, even as we remove our own masks. We learn to work and pray *with* our brothers and sisters, not merely *for* them. Here are some suggestions for Caring.

### **Be sensitive to other's needs.**

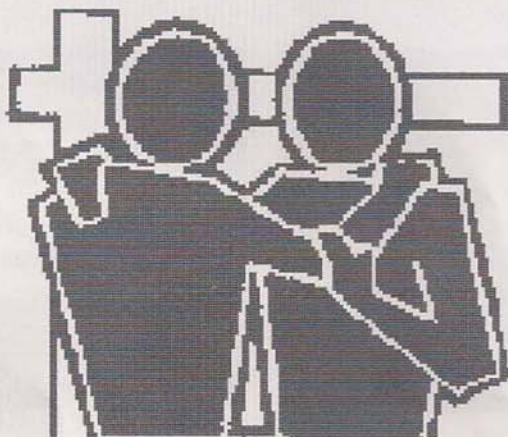
Take off your spiritual blinders. Do not just promise to pray for the concerns of your sister or brother. Listen, lend your shoulder for tears, then offer, "May I pray with you right now?"

**Be trustworthy.** It's often tempting to divulge knowledge under the guise of "sharing a prayer request." But if we really care for that friend who entrusted us with private, confidential or personal information, we should respect this trust in us. Yes, we ask others in community to pray with us for that person, but without being overly specific as to the prayer request details.

**Be available.** We need to make time for developing and nourishing relationships among community members. Meeting one another in assemblies and action group meetings is seldom enough to build close friendships. How about a regular coffee time together? Or a monthly day-off with


your friends just bonding and enjoying each other's presence?

**Be a good listener.** Practice empathic listening with your heart. We learn this in BCBP's SLT, Steward Leaders Training. Silence your inquisitive mind and really listen. Maintain eye contact; perhaps a touch of your hand will help convey the message, "It's all right, I hear what you are trying to say."



**Be a grace-giver.** Always seek the good in the situation; look for the good in the other person. Focus on the goodness of God, not on the difficulties or troubles. Remember that without the rain, there would be no rainbow. Let yourself become

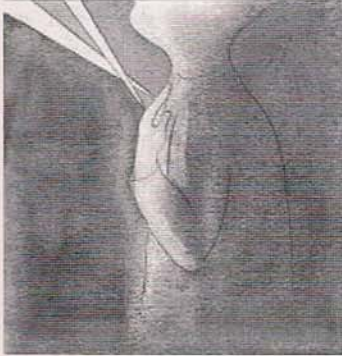
a channel for God's grace to your brothers and sisters in community.

**Be a courageous intercessor.** Step out in faith and pray for God to work miracles, both big and small, in the community. Welcome opportunities to pray for the healing of physical ailments, for livelihood concerns, for strength and perseverance in faith, for healing of relationships. When we are united in prayer, God abundantly answers our petitions and rejoices in our praise. 

## Sharing

# Intercessory Prayers Work!

By Mike Paderon, La Union Outreach



“Have I grown in faith to the point when I believe God can do all things? Have I grown in faith to the point when I believe God has never abandoned us even in the midst of difficulty and

trials, uncertainty and fear? Have I grown in faith to the point when I believe ‘All things are possible to those who believe in God?’”

This is how I would normally start my life sharing when invited in breakfast meetings. And in more instances than not, these lines are often used to end my day in reflection. In fact I became so familiar with these words that reflecting on them became more routinary than spiritual.

My wife and I often exhort members of the La Union Outreach that if there is truth in the words “The Family that prays together stays together”, then we can say “The community that intercedes for one another can make answered prayers happen faster.” These words also became more of a routine expression than a spiritual proclamation.

It was on October 20 of 2006 that this routine took on new meaning. That was when I came face-to-face with death. I was admitted to the hospital after experiencing sudden tightening pain in the chest and numbness in my arms. Initial findings showed myocardial infarction (heart attack) that could have been caused by stress and arteriosclerosis (a build-up of cholesterol and fats on the inner wall of the coronary arteries).

My wife recounted later, after going through this ordeal, that she was so helpless, scared and angry. But even in those moments of darkness and helplessness, she knew God was

in control and she had a community she could count on. She knew it would make a difference if there were people who would help her storm the heavens with prayers.

She texted only a few members of the La Union Outreach, Ed Jimenez, chapter head of Baguio, Joan Siapno of Dagupan, Florian Obra of BCBP Laoag and her brother, and Bobby and Marite Laviña, who were incidentally with members of the BCBP Iloilo chapter at the time. So the news went around. The heavens were stormed with prayers that day I was brought to the hospital.

The following day I was cleared of any danger. To top it all, my ECG, my cholesterol count (which has always been high risk), my blood pressure were back to normal. Unbelievable! At times, the stubborn me is tempted to believe that previous tests were wrong. Yet here I am face-to-face with the power of prayer made even more powerful by the numbers of BCBP members who interceded for me and my family.

More than the prayers, it was heartwarming to have received so many telephone calls of support and concern from BCBP members. Brothers and sisters of the La Union Outreach came to the hospital to cheer up my family. My outreach head Vic Ancheta and wife Connie stayed with my wife ‘til the wee hours of the night. Bobby and Marite closely monitored my situation. What a demonstration of love! This is Community Life in action! The BCBP is a Christian Family in its truest sense!

In retrospect, this experience transformed my routine words to new spiritual heights. “All things are possible to those who believe in God.” (Mark 9:23) and “The community that intercedes for one another can make answered prayers happen faster” have become alive for me.

I, too, learned another lesson well. I thank God for this new lease on life He has given me. It is now my responsibility to take care of it. ✠

**Sharing**

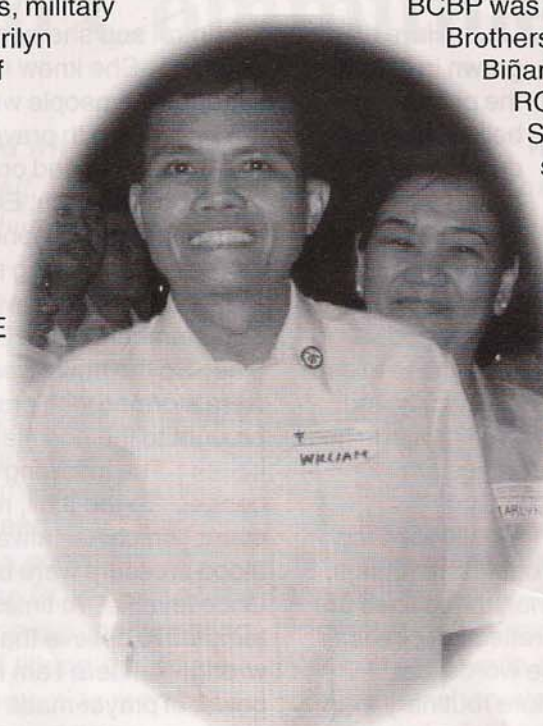
# Nothing Less Than A Miracle!

By Marilyn Turalde and Rene Medrocillo, BCBP Cavite-Imus

**Rene:** For about two years, military officer William and wife Marilyn Turalde, active members of BCBP Cavite dreamed of attending the Family Encounter Retreat. Other priorities or military assignments always seemed to get in the way. Finally, they confirmed their participation in the FE Weekend for Southern Luzon to be held in Tanauan City, Batangas, last Oct. 27-28, 2006.

**Marilyn:** Together with our children Wilson and Wilma, we left home at about 8 pm because we waited for Papa (William) to come from his work in Camp Aguinaldo, Quezon City. On the way to Tanauan, Papa dozed off, our car collided with an Isuzu Elf, turned 360 degrees and was totally wrecked. We were rescued by two passersby, our 'angels' Antonette and Giovanni. According to them Wilma was crying uncontrollably and saying, "Patay na si Papa." Wilson and I were knocked out. William was motionless; they said his color was white as a sheet of paper. As our two angels calmed Wilma, she thought to call BCBP members to help. Unfortunately both Papa's cellphone and mine were full of blood and could not be used. The only BCBP number she had on her cellphone was that of Tita Menchie Marcelo so she called her.

**Rene:** My wife and I were on our way home from Greenbelt, Makati, when I received the text message about the accident of the Turalde family. We sped through the Skyway and went direct to Carmona. Meanwhile text messages flew all over the BCBP country; in a short while,



Bro William and Sis Marilyn Turalde at the Southern Tagalog Leaders Installation on January 6, 2007, joyfully celebrating William's miraculous healing.

BCBP was praying as one community. Brothers and sisters from Imus, Biñan, Calamba headed by RCD Mel Rebutica and Angel Sabas and some of the FE servants soon arrived at the Carmona District Hospital. The situation was critical. We all just kept repeating, "Jesus...Jesus...Jesus" recognizing that there was no other power on earth we could turn to but Him. We were actually praying for nothing less than a miracle!

**Marilyn:** When I became conscious, I saw Papa still unconscious, not responding to any call or stimulation, and bleeding from the head. I had head lacerations, bruises and hematoma

all over my body; the children did too. I cried and hugged Bro. Rene asking what we must do. He just told me, "Faith in Jesus."

**Rene:** We decided to transfer the family to Asian Hospital in Alabang. But how to get there without an ambulance..? We called seven but the first one to arrive took such a long time coming we decided not to wait for the next one. William and Marilyn went in the ambulance, I took the children in our car.

After CT scans and x-rays and examinations, Marilyn and the children were found to be okay except for minor wounds and bruises. William was another story; he suffered from ten serious conditions: right parietal subdural hematoma of brain or spine, traumatic subarachnoid hemorrhage of the brain, cervical C4 fracture of the spine, large scalp laceration, right rib fracture, a punctured lung, right

scapular fracture, multiple soft tissue injuries, possible kidney damage, and bone splinters in the right arm. He was admitted to the ICU and remained unconscious for 12 hours.

**Marilyn:** All through the night, brothers and sisters came and prayed over him. I was crying and pleading to God to allow William to regain consciousness and let him live. I am a nurse. I knew that his injuries were high risk and that he could be hooked into a respirator for life if he did not improve right away. On October 28 at about 10 am in the morning our Bro. Ruel (BCBP Cavite) who had stayed with William the whole night in the ICU informed me with tears in his eyes but with gladness in his voice that William had woken up and been able to identify him. PRAISE AND THANKS BE TO GOD!

**Rene:** That morning at about the same time in Imus, all the participants of the Regional Grand Breakfast prayed as a caring community led by Angel Sabas for William's healing and recovery. William would later on recall that at the moment of his awakening, he felt a sudden warm sensation surging through his body. It was nothing less than a miracle!

**Marilyn:** Soon after that the doctor took him off the respirator ... another miracle! Other healings followed quickly: kidney test results were normal, his punctured lung healed, the splinters in his right arm even healed themselves! His five doctors (neuro surgeon, kidney and lung specialist, ortho and rehab) were amazed with his fast recovery.

I can only attribute it to God's mercy, miracles and the unceasing prayers of our brothers and sisters in community, as well as our relatives and friends. We stayed in the hospital for only two weeks until Papa could sit in a wheelchair. For his rehabilitation we transferred to the Philippine Navy Hospital in Cavite.


On December 11 we returned to the Asian Hospital for repeat CT scan of the head and spinal cord. Praise God, both results were normal; the C4 spinal fracture had miraculously healed! This was the greatest gift God gave us for Christmas – to have William, Papa, home with us and not having to undergo surgery. Our whole family completed the nine days dawn masses full of thanksgiving for the gift of life and God's continuing grace and blessings.

## Answering the Call

By Angel Sabas, BCBP Calamba

**T**hat night was truly a glorious night for BCBP community spirit! As soon as I heard about the accident from Mel Rebutica, I called Rene Cortes who referred me to Manny and Reggie Jimenez of BCBP Alabang. Reggie so effectively contacted the Belisarios (Suzette's brother is the director of Asian Hospital) who got us the great backup that led to the hospital's preparedness for the arrival of William.

There were so many BCBP brothers inside the emergency room praying, laying hands nonstop on William, Marilyn and children, that I could see the hospital staff were really in awe and wonder at all of us there, perhaps wondering who the family was and why so many people were so caring.

Reggie's non-stop care and selfless assistance that night made me proud of being a member of the BCBP as I saw love in action. During the night's critical hours, these "lifeline" people stood by us as we all did all we could for the Turalde family. Members who had never even met William joined Alabang and other chapters' members in dropping by the ICU to pray over William not only that night but for the entire time he was hospitalized. 

On January 4, William's cervical collar was removed so he could move his head little by little. One of our first thanksgiving activities was to attend the Installation of the So. Tagalog leaders on January 6 where we could personally thank the brothers and sisters who had so powerfully prayed for us.

**Rene:** Financial support poured in, too, from many different places, even from far away BCBP chapters, from friends, and from the military. In January William and Marilyn rejoined BCBP activities, evangelization and mission work. William is an action group leader in my Unit. He was sad because he could not be as active as he was before. But in my book, William has given us his greatest service: his

*continued on page 16*

**Lower Your Nets***By Ronnie Caballero, BCBP Makati*

# The Tree of Life: A Call to Commitment

*He summoned the crowd with his disciples and said to them, "Whoever wishes to come after me must deny himself, take up his cross, and follow me. For whoever wishes to save his life will lose it, but whoever loses his life for my sake and that of the Gospel will save it."*

*Mark 8: 34-35*

**W**e have just undergone one of the more difficult agenda in an expanded governance meeting chaired by our Chapter Head, Bro. Joey Avellana. Joey took up the conditions of ACTIVE membership in the BCBP with all the leaders. He stated that serving, participating in the community life, and tithing are pillars of BCBP way of life that no active member should be without.

In the discussions, I pointed out that membership in Makati is one of the most demanding as our members serve and relate to each other within a radius of no less than 50 kilometers while most if not all other BCBP chapters are geographical in nature. Our BCLP nets are cast in this premier marketplace and the result is we have members from all over. Makati being a workplace for hundreds of thousands has, by nature, workers from as far away as Bulacan in the North and Cavite in the South. It has been normal to meet Makati chapter members hailing from Dasmariñas, Cavite, Cubao, Fairview, Parañaque, Alabang and Las Piñas.

This has been the trend throughout the years as Makati continues to be a place of work rather than of residence. But having met the Lord here in the Makati chapter, most members opt to stay with the chapter,

serve and be active in our BCBP community despite the long distances involved in doing so.

We found it an enjoyable experience serving in mission for our former outreach Legazpi as most activities were within a 5-kilometer radius, most accessible by tricycle. We can only smile as we find the same conditions when we speak at breakfasts in other provincial chapters and outreaches.

As difficult as it was for our chapter head to roll out such an agenda detailing the conditions of membership, how much more difficult it must have been for Jesus to state THE CONDITIONS OF DISCIPLESHIP. It must have been a difficult test for his ministry as he trebled his efforts in his teachings and revelations on the Eucharist, his passion and final completion.

I am no Bible scholar nor historian but as I look at those Gospel events, the succession of events seems to be the multiplication of loaves/fishes, the conditions of discipleship, the transfiguration, the bread of life discourse, and on towards the passion. We see Jesus having such a great following after the multiplication miracle. Even after laying out the conditions of discipleship most disciples would have stayed with him due to the awe and wonder of his miracles and preaching. Then,

imagine what it must have felt to be on Mount Tabor to witness his transfiguration. Surely no matter what came after that, his disciples would have followed. But the passion would not be left unsaid, the sacrifice left unexplained. The bread of life discourse just broke the back, minds and hearts of large numbers of listeners. Many left in frustration and incredulity. Not many could fathom or even begin to understand the sacrifice and the suffering the Son of God would have to endure.

Truly, if Jesus invited you today to the Catholic Church and called it the suffering Church, would you follow him? If we called the BCBP, a "suffering community", how many would sign up for our BCLP's and go through to commitment night?

But the sheer, unadulterated truth of our Catholic faith is that we are called to deny our selves and take up our crosses to follow our Saviour. Why? Because suffering and sacrifice have a noble purpose and place in our faith. The Lord brings to us the precious message of redemptive suffering, to suffer with meaning.

Self-denial leads to self-control, self-mastery and to self-donation. Unconditional love! This is the very same love that ignites the Holy Trinity in a never-ending cycle of total self-donation to each other, the very essence of that Divine Community that is God.

The early Church fathers had reason to call the Cross, the Tree of Life. They did not mean to sugarcoat the role of the Cross but rather to highlight the true result of the Lord's sacrifice — the triumph over death, eternal life, the triumph of resurrection. Unlike the O.T. Adam who approached the tree of knowledge, Jesus Christ, the new Adam, approached the Cross as the Tree of


Life. In brief, the Cross, the Tree of Life, not only calls for our sacrificial commitment but at the same time assures us of Life, life in the fullness of Jesus Christ!

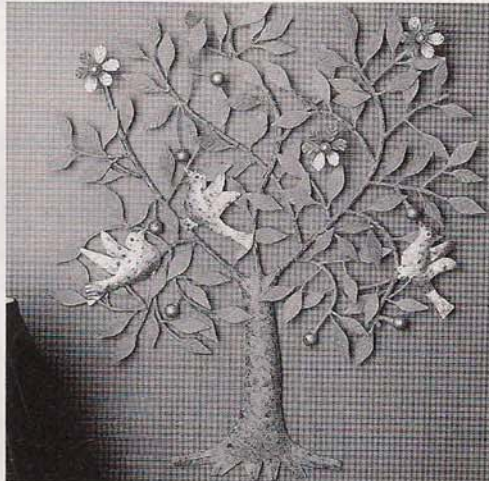
The early fathers lived in a persecuted church. They very well knew that followers lived under real threat of death and enormous suffering. But the message had to be delivered that there was Hope, and that something had to be loved beyond their very lives on earth — life with the Lord Eternal.

Many times in the past in our own BCBP community we try to gloss over the sacrifices involved in committing to be active in it. We try to quickly get over Commitment Night in order to skip dealing with the difficult

questions of new members. The new move to gain true commitment by moving Commitment Night away by one year from the end of BCLP is a welcome move. We need members who will love the Lord in spite of the difficulties our faith and service bring. Not because we are masochists but because we recognize the need to bear each other's crosses just as the Lord

taught us. Because perseverance produces character and trains us in righteousness so that we who belong to God may be competent and equipped for every good work (2 Timothy 3:10-17).

In closing let us ponder these words of St. Francis de Sales: *"Go courageously to do whatever you are called to do. If you have any fears, say to your soul: 'The Lord will provide for us.' If your weakness troubles you, cast yourselves on God and trust in Him. The apostles were mostly unlearned fishermen, but God gave them learning enough for the work they had to do. Trust in him, depend on his providence; fear nothing."* 



**One Minute Meditation**

*By Fernando de Larrazabal*



**Crucified, Died and Buried**

**A**s we read the gospel accounts of the Passion and Death of the Son of Man, we are confronted with these facts. Jesus was arrested and humiliated by the very people he tried to save. He was betrayed by one of his own trusted apostles, while the rest, with their tails between their legs,

went into hiding. He was brought before Pilate, who sat in judgment. He was falsely accused and suffered scourging and mockery. Finally, he was sentenced to die as a common criminal. On the cross, he suffered excruciating pain while people made fun of his suffering, enjoying the spectacle. Jesus finally collapsed and gave up his spirit.

Did the Father use his Son as a scapegoat to rescue mankind? We need to understand that the Father and the Son are one, and whatever the Father decides has the Son's full consent and approval. The human mind is at a loss, for it cannot fully comprehend this mystery. The love of God is something beyond man's capacity to understand fully. The mystery of the Father sending his Son for a mission that would lead to the cross


was realized with the Son's total concurrence and obedience.

*"For God so loved the world that He gave his only Son, so that everyone who believes in him might not perish but might have eternal life" (Jn 3:16).*

The whole mystery of redemption is condensed in this passage. There was a need to rescue mankind and the only way acceptable to the Father was a pure, unblemished sacrifice. The only way that fitted the picture was the Son.

Love does strange things to people – parents dying to protect their children, spouses willing to sacrifice for each other, citizens dying for their country, martyrs dying for their faith. Do you still find it strange why God offered himself to redeem his creatures?

**Prayer**

Dear Jesus, I was not present when they put you to death but I know that I am just as guilty as anybody else. My sins caused you to suffer and die on my account. I remember your words, "Father, forgive them." There is so much that I have done that needs forgiveness. Give me the grace to overcome my sinful inclinations and continue my life journey at your side. Amen. 


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**Nothing Less Than A Miracle!...from page 13**

infirmity unites us, and his healing inspires us. Even now, he is playing the guitar for our ongoing BCLP and singing with full spirit!

**Marilyn:** I sincerely witness that God's Word in 1 Cor. 10:13 is alive and true. And I know that God sends people as angels in disguise when we need them most. I learned that Bro. Paul Marcelo left his car as guarantee that we would pay the P100,000 deposit so William could be admitted to the ICU. Bro Jerry and Sis Mercy Arabelo gave us their shoulders to cry on. Bro Dong and Sis Claire took our children home from the hospital and Bro Ferdie and Sis Del oversaw their condition at home. So many others prayed for us, cared for us, supported us

financially, visited us in the hospital, even stayed with us throughout the long nights. Bro Jun and Sis Siony Pacaldo took care of all legal matters. Brothers and sisters, all of you from the different chapters and outreaches from all over the country, to name you all would take another page or two ... from the bottom of our hearts, THANK YOU!

The accident strengthened more than our family. It strengthened our faith, and opened our hearts and minds to the importance of community life and the caring system of the BCBP. We experienced God's love in action! And for all these experiences, we PRAISE HIM. All glory is His! 



## Back to Basics

By Nancy R. Catan



**D**id you know that fasting is mentioned more times in Scripture than baptism (about 77 times for fasting, only 75 for baptism)? Did you know that along with prayer and almsgiving, fasting is one of the essential acts required of a Christian?

We are in the season of Lent, the liturgical period of prayer, repentance, conversion, fasting and abstinence, spiritual strengthening and preparation to enable us to more fully experience the liturgical feast of the Easter Resurrection and the promises of Pentecost. Actually all these practices should be part of our daily lives, not just confined to the Lenten season.

Fasting is an important spiritual discipline wherein as Christians, we voluntarily abstain from food or other enjoyable necessities of life for spiritual purposes. Fasting must be God-centered or Christ-centered to be most effective. To be truly pleasing to God, true fasting must be united with love of neighbor, a search for true justice, generous acts of charity and almsgiving, and a spirit of humble obedience to God. When we fast, we accept a divine invitation to experience His grace and guidance in a special way.

When we "give up something we enjoy, like or are addicted to", this is fasting. When we give up something, it creates a vacuum, an emptiness in our lives that must be filled with an act of God's love. If we decide to fast from TV for two hours a day, then we should use that two hours to please God, perhaps by spending

# Fasting: An Essential Christian Discipline

quality time with our children, or studying scripture, or participating in a feeding program for street children. As we fast from an act or thought that draws us away from God, we must feast on something that brings us nearer to Him.

The prophet Isaiah sets out the parameters of what he calls true fasting (Isaiah 58:2-14). In this passage the Lord speaks through his prophet Isaiah not only telling us what we should not do, but also listing the things we should do to improve our spiritual health and moral integrity. It is not enough for us to fast from the worthless, evil and distracting things and thoughts that lead us astray from God. We need to take positive steps to set our lives in order. We do this through the sacrifice and discipline of doing the right things, of withstanding the temptations of the devil, of reaching out in love to those in need, of feasting on pleasing God in all that we do.

Fasting is not a way of bribing God to answer our prayers. It is not a crash diet or a spiritual hunger strike to attract God's attention. It is not a sure way to attain holiness or to impress God with our piety. It should not be done just to obey the fifth precept of the Church: "You shall observe the prescribed days of fasting and abstinence". Why, then, should we, as Christians, fast?

Christian author Donald Whitney in his book *Spiritual Disciplines for the Christian Life* lists down ten reasons for true fasting. Whenever we fast, we should do so for a

*continued on next page*

specific purpose or purposes, and our fasting should satisfy the dual objectives of spiritually strengthening ourselves and of pleasing God. Whitney's list of ten reasons why we should fast includes:

**To strengthen prayer.** Fasting has always been closely associated with prayer. Nehemiah, David and Daniel fasted and prayed when they pleaded with God. The church in Antioch fasted and prayed before selecting Paul and Barnabas for their first missionary journey. Jesus himself said that certain healing miracles could only be accomplished through fasting and prayer.

**To seek God's guidance.** Throughout the Old Testament when the people sought help from the Lord, they first declared a period of fasting. This kind of sacrifice, while it does not ensure the certainty of receiving clear guidance from God, makes us more receptive to the One who gives us guidance. Fasting does not change God's hearing so much as it changes us and our receptivity to His voice. Testimonies of saints say that fasting opens one's mind to divine light and prepares oneself to stand in God's presence.

**To express grief.** Sometimes fasting can communicate grief over our sin, or the sin of our community or nation, in a way that mere words cannot. It is a sign of repentance, and a signal of commitment to obedience and renewal of purpose. However, we are cautioned not to use this spiritual discipline as a smokescreen to try to prevent God from seeing the still existing and often hidden sin in our lives.

**To seek deliverance or protection.** One of the most common fasts in biblical times was a fast to seek salvation from enemies or circumstances. Queen Esther and her followers fasted for three days and nights before she dared to risk her life appearing before the King uninvited to appeal for mercy for the Jews (Esther 4:16 ff). Jesus went into the desert and fasted for forty days and nights before beginning his ministry. King David in Psalm 109 prays and fasts for protection and deliverance from a slanderous enemy.

**To express repentance and the return to God.** This purpose is more than just fasting to express grief over one's sin. After God sent Jonah to Nineveh, the king declared a

community fast and decreed that everyone call urgently on God in repentance for their evil ways and their violence, and return to God. Fasting without repentance is like faith without action, a dead work.

**To humble oneself before God.** Fasting, when practiced with the right motives, expresses our humility before God. The story of how the evil King Ahab humbled himself before God (1 Kings 21:27-29) averted imminent disaster in his day.


**To express concern for the work of God.** Just as a parent might fast and pray for the healing of a child, Christians may fast and pray because they feel a burden for others who are experiencing tragedy or difficulties in the service of the Lord. For instance, we may not be able to physically help missionaries in far away places except through our intercessory prayers strengthened by our fasting.

**To minister to the needs of others.** In Isaiah 58, God emphasizes that fasting should be for the purpose of meeting the needs of others. He says very clearly that the kind of fasting that pleases Him is one that results in concern for others and not just for ourselves. We can fast by converting our TV time into a time to visit someone in the hospital. We can fast by leaving our office work at the office so we can spend more quality time with our family.

**To overcome temptation and dedicate yourself to God.** Jesus fasted for forty days and nights prior to His temptation in Matthew 4:1-11. We are not called to fast for this length of time, but Jesus shows us that fasting is a powerful way of overcoming temptation and of freshly dedicating ourselves to God.

**To express love and worship to God.** We have here the example of Anna in Luke 2:37. She worshiped day and night, fasting and praying in the temple. Fasting can be a testimony that you love God more than food, that seeking Him is more important to you than eating. Fasting can also be a way of preparing for a more intimate relationship with the Lord; one example here is the one-hour fast required before participation in the Eucharistic celebration.

We must always remember that the Christian discipline of fasting must have a spiritual purpose – a God-centered purpose, not

a self-centered one – in order for the Lord to bless our fast. True fasting as prompted by the Holy Spirit is a way to experience God’s grace and love. Plus it adds a unique dimension to our spiritual life and helps us grow in Christlikeness. True fasting should always result in a feast of pleasing God in all that we think, say and do. True fasting will only end when we partake of the banquet feast that God has prepared for us when we enter His kingdom. 

**Bible Sharing**



**True Fasting**

Read and reflect on these scriptural passages on fasting and feasting. Share your insights on true fasting and the feasting celebrations that should result as God answers your prayer. Share about your experience if you have undertaken a spiritual fast.

- Daniel 9:4-10
- Zechariah 7: 1-14
- Isaiah 58:1-14
- 2 Chronicles 7:14
- Matthew 6:16-18
- Jonah 3:1-10
- Matthew 9:14-15
- Joel 2:12-13
- Acts 13:2-3
- Esther 4c:12-25
- Hosea 14:2-10

**FASTING AND FEASTING**

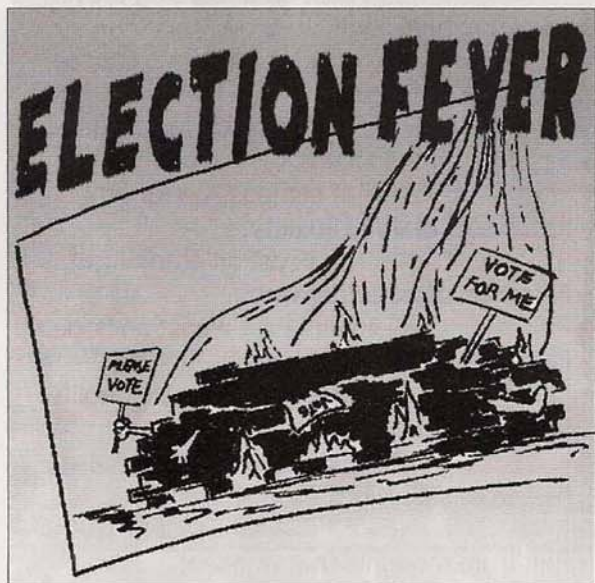
- Fast from judging others;  
Feast on Christ dwelling in them.
- Fast from emphasis on differences;  
Feast on the unity of all life.
- Fast from thoughts of illness;  
Feast on the healing power of God.
- Fast from words that pollute;  
Feast on phrases that purify.
- Fast from discontent;  
Feast on gratitude.
- Fast from anger;  
Feast on patience.
- Fast from pessimism;  
Feast on optimism.
- Fast from worry;  
Feast on God’s providence.
- Fast from complaining;  
Feast on appreciation.
- Fast from negatives;  
Feast on affirmatives.
- Fast from unrelenting pressures;  
Feast on unceasing prayer.
- Fast from hostility;  
Feast on nonresistance.
- Fast from bitterness;  
Feast on forgiveness.
- Fast from self-concern;  
Feast on compassion for others.
- Fast from personal anxiety;  
Feast on eternal truth.
- Fast from discouragement;  
Feast on hope.
- Fast from facts that depress;  
Feast on verities that uplift.
- Fast from lethargy;  
Feast on enthusiasm.
- Fast from suspicion;  
Feast on truth.
- Fast from thoughts that weaken;  
Feast on promises that inspire.
- Fast from shadows of sorrow;  
Feast on the sunlight of serenity.
- Fast from idle gossip;  
Feast on purposeful silence.
- Fast from problems that overwhelm;  
Feast on prayer that sustains.

Source: Internet

By Nancy R. Catan

# Agendas and Heroic Citizenship

**W**e read and hear a lot nowadays about agendas, especially political agendas, both the ones proclaimed publicly as well as those unspoken but nevertheless reasonably clear "hidden agendas". Life agendas must be anchored on one's principles and integrity of character, not on the vicissitudes and whims of one's group, barkada, or political party-



mates. Hidden agendas reek of hypocrisy, sneaky motives and planned deceit. Persons shadowed with hidden agendas encourage distrust, dishonesty and apathy. It seems that the more they try to win my trust, the more I distrust them.

Political slogans and speeches boast of one's integrity, and yet they do not

define what, to them, integrity means. Or on what principles they base their life and their decisions. Rather, they camouflage their hidden agendas with resplendent promises of a glorious future if they are elected! I wonder if they really know what they are doing, or is it all just schedules, activities, words and parades to get people's attention...

Sometimes I feel that my life, too, is ruled by my calendar, by schedules and by all the things I should, must or would like to do. When things pile up and the stress of the day catches me out-of-breath, I pause and ask myself: Is all this really necessary? What is my life all about anyway? And then comes the key question: Am I doing God's agenda that He has planned for me? Slowly and sometimes with difficulty, I have learned through prayer and reflection to go with the flow, to dance with the Spirit, and have faith that "Yes, I am doing what He wants me to do." Aligning my life's agenda with His and being focused helps me make better decisions and gives integrity and direction to my activities. In this way I live out my values and principles every day for all to clearly see what kind of person I am.

Politics and political life are an integral part of every society, of civil life, and of community life. What is politics all about? Political authority is supposed to direct an ordered and upright community life in such a way as to assure its citizens of their basic freedoms and rights as well as define their social and civil responsibilities, for the

attainment of the common good. Such authority should be moral in nature and promote justice, peace and healthy relationships between the political authority and the people.

Politics and morality ... can these go together? To me, more than economic formulas or dependence on electing a better group of leaders or change in system of government, if we are to realize a better national community, as well as a better local community, we must go back to basics – to fundamental Christian moral values. Political parties should not only enumerate their positions on national issues in their party platforms but should also reveal their respective value and morality standards, with each of their candidates aspiring for office living out these values in their personal and political lives.


We cannot change others by shouting in street rallies, or by defacing posts and trees with loudly colored posters, or by angry criticisms leveled at our perceived opponents over radio or TV. We are called to be heroic citizens and heroic Christians in that we, ourselves, must live out our values and walk our talk. Am I honest? Am I just in my relationships? Do I encourage honesty, morality and goodness in my leaders? Am I willing and courageous enough to stand up for my beliefs and Christian values?

Does your candidate think clearly about important issues? Will he or she be a loyal and dedicated servant of his/her constituency? Will he or she work to make the best better for your town, the province, our country? Does he/she live a life of simplicity, following the Golden Rule? Is he/

she healthy physically, emotionally, morally and spiritually? Will he/she be a good role model for our youth, for your children and grandchildren to emulate?

The bottom line here is that politics, political exercises and political leaders are a reflection of the people they serve. If we sell our votes to the highest bidder, then we should not be surprised when those we voted for look for nefarious ways to recover their "investment". It is said that there are no great leaders where there are no great followers. I would like to paraphrase this and say: there are no great moral leaders where there are no moral followers. And if a nation and society lacks great moral leaders and committed moral followers, it will never achieve greatness.

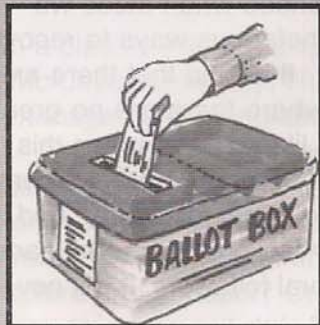
This election time demands that we be heroically honest, heroically moral, heroically unselfish and heroically responsible followers and set the example for our leaders. For those of us who are in positions of responsibility, we must also be heroically moral and responsible leaders and, in turn, be models for our followers!

I challenge those who are running for elective office and those of you actively joining the campaign trails for your candidates that while the campaign period is in its early stages, you also pause for a moment to ask these difficult questions, take the thick covers off your hidden agendas, and dust off your personal values and integrity for us to see. Let us see what you are really like, what your heart is really like, what your intentions really are. Are you and/or your candidates worth our vote come May 7? 

*Nancy R. Catan is a regular weekly Sunday columnist in the "Negros Chronicle", published in Dumaguete City, Oriental Negros. The above editorial contains excerpts from several of her recent columns. The "Negros Chronicle" is edited by Bro. Ely Dejaresco, BCBP Dumaguete, and can be read on its website [www.negroschronicle.com](http://www.negroschronicle.com).*

## Voter's **Guidelines**

# 10 Commandments for Responsible Voting



It is election time again. To help voters choose whom to vote for, the Catholic Bishops' Conference of the Philippines (CBCP) has issued moral guidelines through the Parish Pastoral Council for Responsible Voting (PPCRV), reports Jun Catan (BCBP Mla), the CBCP's representative to LAIKO and the PPCRV's National Executive Board. These guidelines are part of the PPCRV Manual that is being used by priests, nuns, lay leaders and volunteers in the massive education campaign during the pre-election period. He urges CBCP members to get involved in insuring clean, honest elections and to encourage voter turnout on election day.

PPCRV Chair Henrietta de Villa believes that these guidelines "will help us in mobilizing energies of the mind and heart to make our Philippine election an authentic human act and thus an act of God."

The 10-point guidelines are:

- Thou shall vote according to the dictate of your conscience.
- Thou shall respect the decision of others in choosing their candidates.
- Thou shall seek to know the moral integrity, capabilities and other personal qualities of the candidates you will vote for.
- Thou shall strive to understand the issues, platform and programs of candidates in parties seeking your vote.
- Thou shall not sell your vote.
- Thou shall not vote for candidates using guns, goons and gold.
- Thou shall not vote for candidates with records of graft and corruption.
- Thou shall not vote for candidates just because of popularity, "*utang na loob* (debt of gratitude)" or "*pakikisama* (sense of camaraderie)."
- Thou shall not vote for candidates living an immoral life.
- Thou shall put the welfare of the country above all else in choosing the candidates you will vote for. ✠

## BCBP BREAKFAST VENUES

CHAPTER/OUTREACH	VENUES	DAY	1 <sup>ST</sup>	2 <sup>ND</sup>	3 <sup>RD</sup>	4 <sup>TH</sup>
<b>METRO MANILA NORTH</b>						
CAMANAVA	Max's Restaurant, EDSA. Cal. SAT S M J M Ray Serafica 09177951577	SAT	S	M	J	M
GREENHILLS	Club Filipino THU S J M M M Burni Bugan: 09215640818	THU	S	J	M	M
GREENHILLS-PASIG	Valle Verde Country Club SAT M - M - Bert Uson: 09178449510	SAT	M	-	M	-
QUEZON CITY	Max's Rest, Sct Tuazon SAT S M J M Frank de Paz: 09179338018	SAT	S	M	J	M
RIZAL	Max's Restaurant, Taytay SAT M J M S Erol Villanueva: 09178661732	SAT	M	J	M	S
MARIKINA	Max's Rest, Blue Wave Mall SAT J J J S Benjie Cruz: 09178057689	SAT	J	J	J	S
<b>METRO MANILA SOUTH</b>						
ALABANG	Ayala Alabang Ctry Club SAT M S M J Soty Loren 09178322261	SAT	M	S	M	J
LAS PIÑAS	Gloria Maris/Philam Clubhse* SAT J* M S* M Ruel Saniel 09185547721	SAT	J*	M	S*	M
MAKATI	Max's Restaurant, Glorietta 3 WED J S M M Caloy Co 09189272243	WED	J	S	M	M
MANILA	Hacienda Rest, Ma. Orosa FRI J S M M Ferdie Correa 09176271009	FRI	J	S	M	M
MANILA NORTH	Chowking Puregold Mall, Tymn-SAT J J J J Bong Rivera 09174236838	SAT	J	J	J	J
PARAÑAQUE	Max's Restaurant, Sucat SAT M J M S Jojo Pascual 0917758848	SAT	M	J	M	S
PASAY/VILLAMOR	Villamor Golf Club Greenside SAT J M S M Ruben Makairap 09228109168	SAT	J	M	S	M
<b>NORTHWEST LUZON</b>						
BAGUIO	Pines View Hotel, Legarda Rd SAT - J M S Lanny Tampingo 09209233778	SAT	-	J	M	S
DAGUPAN	Regency Hotel, Dagupan SAT J - M - Jun Gutierrez 09064377759	SAT	J	-	M	-
URDANETA	Ciudad Fernandina SAT - J - M Ariel Noranda 09179676671	SAT	-	J	-	M
LAOAG	Plaza de Laoag SAT - - - J Romy Coloma 09198728453	SAT	-	-	-	J
SAN FNDU-LU	Sea & Sky SAT J J - - Vic Ancheta 09198570076	SAT	J	J	-	-
<b>NORTHEAST LUZON</b>						
TUGUEGARAO	Delfino Hotel SAT M M S J Gary Hernandez 09173902413	SAT	M	M	S	J
SANTIAGO ISABELA	Mc Donald's, Maharlika Rd. SAT M J J J Willy Simbul 09175487046	SAT	M	J	J	J
BAYOMBONG	Governor's Palace, Solano SAT - J - J Oscar Bacena 09187809316	SAT	-	J	-	J
APARRI	St. Patrick Hotel SAT J - J - Angel Rabago 09279437744	SAT	J	-	J	-
<b>CENTRAL LUZON</b>						
ANGELES	KM 86 Food Rest Sta Maria SAT - J - S Meng Evaristo 09189401614	SAT	-	J	-	S
BULACAN	Max's Rest, Guiginto, Bul SAT J J J S Sol Catada 09178871363	SAT	J	J	J	S
CABANATUAN	Royce Motors, Mahrika H'way SAT J J M S Nick Vicencio 09209135140	SAT	J	J	M	S
OLONGAPO	Ann Raquel Rest, Magsaysay SAT J J J J Ed Santos 09189289760	SAT	J	J	J	J
SAN FNDU-PAMP.	Villa Conchita Resort, Olongpo SAT J J J J Walter Autencio 09273088107	SAT	J	J	J	J
<b>SOUTHERN TAGALOG</b>						
BATANGAS CITY	Alpha Hotel SAT M S J M Manny Rosales 09178443295	SAT	M	S	J	M
BALAYAN	Agot's Restaurant SAT - M - M Hermie Lopez 09172062789	SAT	-	M	-	M
BIÑAN-SAN PEDRO	Max's Restaurant SAT J M S M Mel Rebutica 09177447112	SAT	J	M	S	M
CALAMBA	Riverview Resort SAT J M S M Estie B. Vibora 09283705893	SAT	J	M	S	M
CALAPAN	Philippiana Hotel SAT - J - S Boy Javier 09103019774	SAT	-	J	-	S
CAVITE CITY	Servando's Rest/ Jollibee* SAT M J* M J* Nooky Umali 09175318938	SAT	M	J*	M	J*
DAET	Stroil Cafe & Rest SAT - J - J Cafe Esperanza SAT J M J M	SAT	-	J	-	J
IMUS	Nilbert Anceno SAT J M J M Luntian Rest, Lipa SAT M J M S	SAT	J	M	J	M
LIPA	Jun Latay 09178566345	SAT	M	J	M	S
LUCENA	Halina H/R Jollibee* SAT M J S* M Joselito Jalago 09155060759	SAT	M	J	S*	M
SAN PABLO	Coco Palace SAT M J M J Vic Longno 09175445315	SAT	M	J	M	J
SN JOSE MNDRO	Sikatuna Bch Htl SAT - M - L Manny Rosales 09178443295	SAT	-	M	-	L
STA. ROSA	Rose & Grace Rest. SAT M J M J Mel Rebutica 09177447112	SAT	M	J	M	J
TAGAYTAY	Royale Parc Hotel SAT M M M M Soty Loren 09178322261	SAT	M	M	M	M
TANAUAN	Darasa Fiesta Rsrnt. SAT J - M - Paul Hernandez 09188872352	SAT	J	-	M	-
<b>BICOL-PALAWAN</b>						
LEGAZPI	Hotel La Trinidad SAT - J - J Mon Lawenko 09204714640	SAT	-	J	-	J

## BCBP BREAKFAST VENUES

CHAPTER/OUTREACH	VENUES	DAY	1 <sup>ST</sup>	2 <sup>ND</sup>	3 <sup>RD</sup>	4 <sup>TH</sup>
NAGA	Champagne Grden SAT S J M M CP: Tony Concepcion 09214492842	SAT	S	J	M	M
PALAWAN NORTH	Legend Hotel SAT J - S - CP: Ceiso Quiling 09193816284	SAT	J	-	S	-
PALAWAN SOUTH	Javion Hous SAT - S - J* CP: Bert Falsis	SAT	-	S	-	J*
SORSOGON	Jollibee Sorsogon* SAT M - J - CP: Gie Diaz 09178051687	SAT	M	-	J	-
<b>CEBU REGION</b>						
BALAMBAN	Balamban Nat'l H S SAT - J - M CP: Boy Beltran 09176209795	SAT	-	J	-	M
BANTAYAN	Bantayan Sothn Inst SUN J - J - Sweet Spot SAT J - J S	SUN	J	-	J	-
BOGO	Edgar Decena SAT J - J S CP: City Sports Club	SAT	J	-	J	S
CEBU NORTH	Tony Tagulao SAT J M S M CP: Sacred Heart Ctr. 09175462139	SAT	J	M	S	M
CEBU SOUTH	Rod Ngo SAT J S S M CP: Sacred Heart Ctr. 09176200180	SAT	J	S	S	M
CEBU CENTRAL	Casino Filipino SAT M S M J CP: Onek Priaguila 09178887606	SAT	M	S	M	J
CONSOLACION	Orosia Rest. SAT - J M M CP: Archie Alivjo 09173327522	SAT	-	J	M	M
MACTAN	Crown Regency SAT M J S J CP: Guy Ceniza 09175467165	SAT	M	J	S	J
MANDAUE	Lumpia House SAT M J S J CP: Bebe Batiancela 09177408641	SAT	M	J	S	J
TALISAY	Chowking Talisay SUN - J - S CP: Henry Burgos 09173262219	SUN	-	J	-	S
<b>TAG/DUMAGUETE</b>						
BAIS	Bros Haven SAT - M - J CP: Wardo Villanueva 09214899401	SAT	-	M	-	J
DUMAGUETE NORTH	Bethel Guest Hse/ SAT J M S - CP: Tony Tero 09184047720	SAT	J	M	S	-
DUMAGUETE SOUTH	Plaza Ma. Luisa SAT J - M - CP: Ely Dejaresco 09188296047	SAT	J	-	M	-
SIQUIJOR	Webs Legacy Inn SAT J - J - CP: Tata Quilicol	SAT	J	-	J	-
SAN CARLOS	Carmel's SAT - J - M CP: Greg Santillan	SAT	-	J	-	M
TAGBILARAN NORTH	JJ Seaford Village SAT - J M M CP: Arturo Navarro Jr 09202693315	SAT	-	J	M	M
TAGBILARAN SOUTH	La Roca Hotel/ Jollibee* SAT - J M* J CP: Gerry Egos 09193944848	SAT	-	J	M*	J
TUBIGON	JJ Rest, SUN - J - M CP: Boy Caga 09202321369	SUN	-	J	-	M
TALIBON	Talibon Pensn Hse SAT	SAT				
<b>NE LEYTE &amp; SAMAR</b>						
NAVAL, BILIRAN	Naval Country Inn SUN J J - - CP: Juan Pastor 09157754885	SUN	J	J	-	-
BORONGAN	Cafe Se Le Vee SAT J J J CP: Sonny Uy 09177222803	SAT	J	J	J	
CALBAYOG	DPC Function Hall SUN J - J - CP: Sonny De Veyra 09173381743	SUN	J	-	J	-
CATBALOGAN	Maqueda Bay H/R SAT J - J - CP: Jaime Bamales 09202530880	SAT	J	-	J	-
CATARMAN	DCC Annex SUN - J - J CP: Jess Laodeno 09168763219	SUN	-	J	-	J
TACLOBAN	My Best Friend's Place SAT - S M J CP: Lito Canete 09209012283	SAT	-	S	M	J
<b>SOUTHWEST LEYTE</b>						
BAYBAY	Parish Center SUN - J S CP: Bong Modina 09279187596	SUN	-	J	-	S
MAASIN	K of C Clubhouse SUN J - S - CP: Joe Abot 09202655175	SUN	J	-	S	-
ORMOC	Ampl Function Room* Yul Gerong - 09158511879 Pongos Hotel SAT - J M J CP: Vince Rodriguez 09189196732	SAT	-	J	M	J
SOGOD	K of C SAT J - - - CP: Rey Lara 09182265430	SAT	J	-	-	-
HILONGOS	Parish Center SAT J - J - CP: Nonoy Ladion 09108518994	SAT	J	-	J	-
PALOMPON	PACCI SAT J - M - CP: Jek Sanchez 09277189830	SAT	J	-	M	-
<b>NEGROS REGION</b>						
BACOLOD NORTH	Quan Rest/L Fisher Hotel SAT M M M J CP: Bobbie Legaspi 09273135547	SAT	M	M	M	J
BACOLOD SOUTH	Jollibee - La Salle SAT - - L - CP: Exec Inn/L Fisher Hotel SAT M M M J Pepe Ledesma 09177070057	SAT	-	-	L	-
BACOLOD EAST	Jollibee - La Salle SAT - - L - CP: BCBP Activity Center SAT M - M - Ogie Ascalon 09209269851	SAT	-	-	L	-
BINALBAGAN	Sn Teodoro Hall SAT - J - J CP: Liby Frias 09173008968	SAT	-	J	-	J
CADIZ	KABANGKALAN - - - - CP: Snackee Restaurant SAT - J - M Albert Garcia 09228115476	SAT	-	J	-	M
SILAY	Domingo's SUN M M S M CP: Leonel Horvidalla 09104038331	SUN	M	M	S	M
VICTORIAS	Domingo's SUN/QTR - - J CP: VMC Fastfood SUN - - M J Marlin Osano 09275192490	SUN	-	-	J	
	Marjhuns SAT - L - -	SAT	-	L	-	-

# Be HONEST

Even if others are not  
Even if others will not  
Even if others cannot

*"He who walks honestly walks securely"*  
Proverbs 10:9



A message from

**The Brotherhood of Christian Businessmen and Professionals**

For Luzon and Visayas Venues, please see inside.

BCBP BREAKFAST VENUES					BCBP BREAKFAST VENUES									
CHAPTER/OUTREACH	VENUES	DAY	1 <sup>ST</sup>	2 <sup>ND</sup>	3 <sup>RD</sup>	4 <sup>TH</sup>	CHAPTER/OUTREACH	VENUES	DAY	1 <sup>ST</sup>	2 <sup>ND</sup>	3 <sup>RD</sup>	4 <sup>TH</sup>	
<b>PANAY REGION</b>							<b>MALAYBALAY</b>							
ILOILO	Amigo Terraces Hotel	SAT	J	M	S	M	SURIGAO	House Malibu Gateway Hotel	SAT	J	-	S	-	
MOLO	CP: Tony Liasus 09206186886	SAT	J	M	S	M	CP: Jun Bayana 09208344407	CAP Bldg. Tagum City	SAT	-	J	M	J	
KALIBO	CP: Jollibee UPV 09193007978	SAT	S	J	M	M	CP: Boy Galagala 09177197790	Taipan Restaurant	SAT	-	J	-	S	
BORACAY	CP: Nazareth Home 09186978112	SAT	J	J	J	J	<b>MINDANAO WEST</b>							
ROXAS	CP: Tropical Guest House Strn 3 09194903590	SAT	J	M	M	S	DIPOLOG	Top Plaza Hotel	SAT	-	J	M	S	
<b>MINDANAO EAST</b>							ILIGAN	CP: Nilo Dalmacio 09185935688	Madecious Native Foods	SAT	M	J	-	J
BUTUAN	CP: Luciana Convention Center 09198840839	SAT	-	J	-	J	CP: Mel Almanzor 09288760286	Atsons Palace	SAT	J	-	J	-	
CDO EAST	CP: Lazer Lapa 09198840839	SAT	M	M	J	S	KAPATAGAN	CP: Fernie Legaria	SAT	-	J	-	J	
CDO WEST	CP: Kagayanon Restaurant 09209155959	SAT	M	S	J	M	OROQUETA	CP: DPWH Function Hall	SAT	-	J	-	J	
DAVAO	CP: Vip Hotel 09189083613	SAT	M	S	M	J	CP: Bobby Ruiz 09194044803	Royal Garden Hotel	SAT	M	-	J	-	
DIGOS	CP: Cons Arce 09177081079	SAT	M	S	M	J	CP: KC Hall Sto Niño Cathedral	SAT	-	J	-	J		
GEN. SANTOS	CP: Royal Mandaya Hotel 09177267679	SAT	J	-	J	-	CP: Joe de Pedro 09168819456	Astoria Hotel	SAT	J	-	J	-	
	CP: East Asia Royale Hotel 09177267679	SAT	J	-	J	-	CP: Buloy Mendoza 09179858475	Buloy Mendoza	SAT	-	J	-	J	
	CP: Francis Carlos 09177267679	SAT	J	-	J	-	CP: Sibugay Hotel 09179858475	Buloy Mendoza	SAT	-	J	-	J	

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