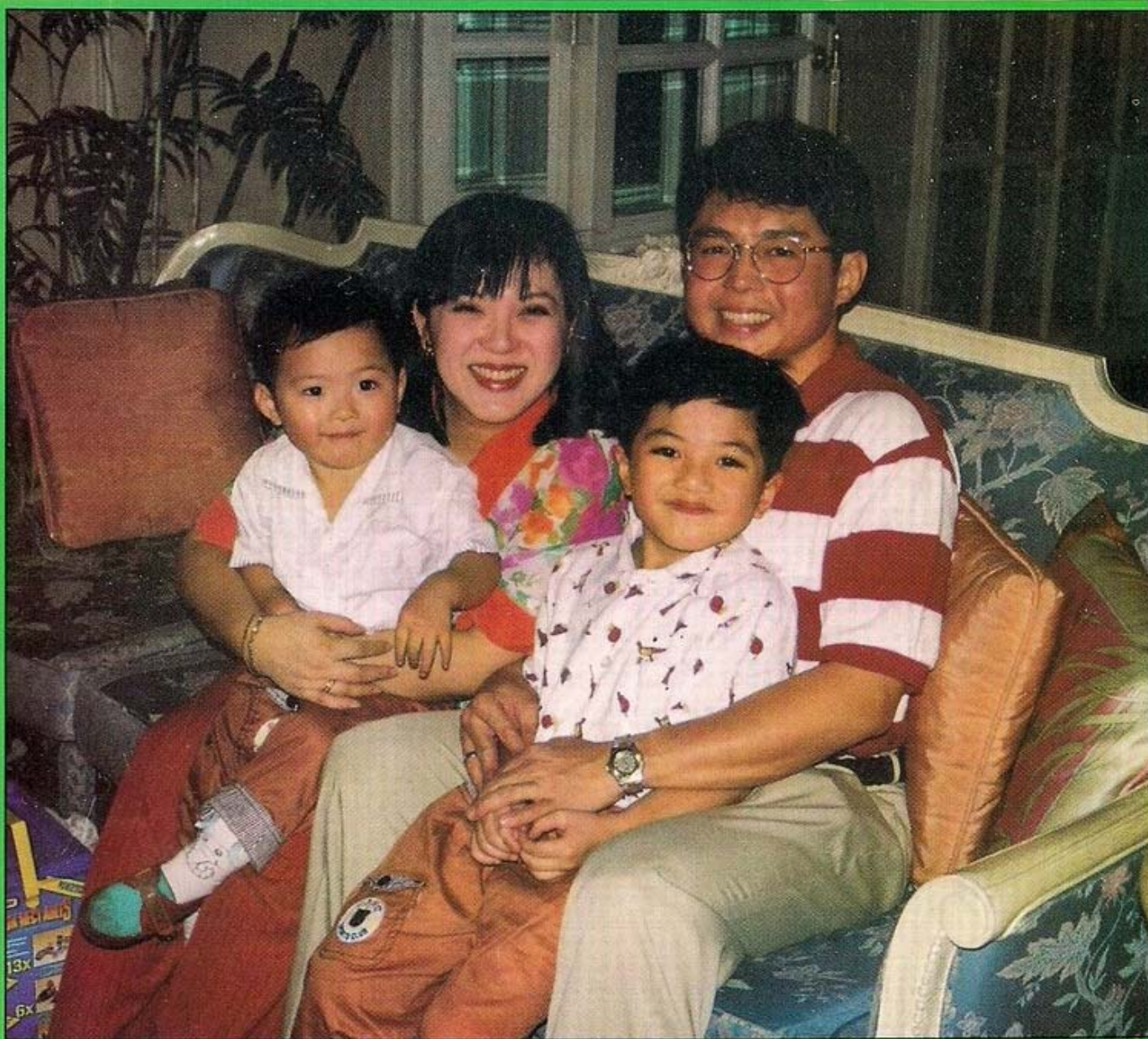


**BROTHERHOOD OF CHRISTIAN** SEPTEMBER-OCTOBER 1995  
**BUSINESSMEN AND PROFESSIONALS**



# Kapatiran

MAGAZINE  
VOL. IX NO. 5 PHILIPPINES



*In this issue: Inspired Action, or Boiled Frog? - p 3; Do You Like Sabado Nights? - p 4; Lessons From A Baby - 7; FMD: Can We Catch It? - p 11; Catholic Presence In Asia - p 13; Niccolo Our Special Child - p 15; The Sacrament of Nourishment - p 21*

# VENUES

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

### Wednesdays

MAKATI: Makati Sports Club, Makati, MM

### Thursdays

GREENHILLS: Club Filipino, Greenhills

### Fridays

MANILA: Chateau 1771, Adriatico St.,  
Malate, Mla.

### Saturdays

ALABANG: Ayala Alabang Country Club

BACOLOD: La Salle, Bacolod City

BAGUIO: Palace Hotel, Legarda Road, Baguio

CAGAYAN DE ORO: Paolo's Ristorante,  
Cagayan de Oro City

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

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

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

ILIGAN: Pinausukan (2nd, 4th Sats.)

ILOILO: Amigo Terraces Hotel

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

LAPULAPU: Cesar's Mansion, Lapulapu Cebu,  
(2nd/4th Sats.)

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

MAASIN: Tomas Oppus Elem. Sch., Leyte  
(1st Sat.)

NAGA: Grand Imperial Hotel (2nd/4th Sats.)

PARAÑAQUE: Kamlung Rest. - Pres. Ave. BF  
Parañaque

PUERTO PRINCESA: Asiworlworld Resort Hotel

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

SAN FERNANDO: Celebrity Rest. San Fernando  
Pampanga (1st/3rd Sat.)

RIZAL: Valley Golf and Country Club, Antipolo

TACLOBAN: Payag Kawayan Restaurant  
(2nd/4th Sats.)

TAGBILARAN: Mel's Kainan (2nd/4th Sats.)

## **MEN'S LUNCHEON (12:00 noon)**

### Saturdays

DAGUPAN: Pinkee's Restaurant



*Babes Javellana of Makati chapter shares at Legazpi Breakfast at Bistro Albay*

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

### Saturdays

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

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

### Wednesdays

MAKATI: Makati Sports Club (2nd Wed.)

### Saturdays

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

BACOLOD: Cozy Nook Restaurant (2nd Sat.)

CAGAYAN DE ORO: Paolo's Ristorante (2nd/3rd Sats.)

CEBU: Nang Masa Rest. (1st/3rd Sat.)

ILOILO: Amigo Terraces Hotel (last Sat.)

LAS PIÑAS: Italia Club 500 (3rd Sat.)

PARAÑAQUE: Shakey's Rest. Pres. Ave., BF Parañaque

QUEZON CITY: Terrace Grill (2nd Sat.)

## **LADIES' LUNCHEON (12:00 noon)**

### Mondays

GREENHILLS: Makati Skyline, Greenhills (3rd Mon.)

## **JOINT BREAKFASTS (7:30 a.m.)**

### Wednesdays

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

### Thursdays

GREENHILLS: Club Filipino (1st Thurs.)

### Saturdays

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

CAGAYAN DE ORO: Silver Court (3rd Sat.)

CAINTA: Valley Golf and Country Club,  
Antipolo (3rd Sat)

DAGUPAN: Pinkee's Restaurant (3rd Sat.)

LAS PIÑAS: Italia Club 500 (1st Sat.)

LEGASPI: Bistro Albay (4th Sat.)

PARAÑAQUE: Kamlung Rest. Pres. Ave. BF  
(2nd. Sat.)

QUEZON CITY: Terrace Grill, (4th Sat)

## **JOINT MERIENDA**

### Saturdays

CAVITE/LA NAVAL: NAVSHIP Managers  
Club, Ft. San Felipe, Cavite City



*BCBP Bacolod holds its Breakfast at Roli's Arcade, La Salle Ave., Bacolod*

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BROTHERHOOD OF CHRISTIAN  
BUSINESSMEN AND PROFESSIONALS  
**KAPATIRAN**  
*Magazine*

Vol. IX, No. 5 September - October 1995

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The KAPATIRAN Magazine is the official publication of the Brotherhood of Christian Businessmen and Professionals. It is published once every two months in the Philippines with editorial and business offices at Rm 201 Concorde Condominium, Benavidez cor. Salcedo Sts., Legaspi Village, Makati, Metro Manila with Tel. Nos. 892-4274, 892-4275 and Fax No. 892-6011. Contributions are encouraged, however, they shall be subject to editing and selection. Pictures and illustrations are welcome.

**ADVERTISING RATES**

**PREMIUM PAGES:** Outside Back Cover P7,000  
Inside Front/Back Cover P6,000  
**INSIDE/FRACTIONAL PAGES:** Full Page P4,000  
Half Page P2,300  
Quarter Page P1,200  
**BOX AD:** P150/ box inch  
**LINE AD:** P30/line

**PUBLICATION DATE:**  
First Friday of the Month of Issue  
**DEADLINE FOR AD COPY: FIFTEEN DAYS  
BEFORE THE PUBLICATION DATE**

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**ON THE COVER:** The Beley family of Greenhills Chapter: PV, Monette, sons Bryan and Niccolo. Niccolo is a special child and Monette narrates his story on page 15.

# HAVE THE BEST OF BOTH WORLDS

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GET INTO A CAREER  
WHERE YOU CAN HELP PEOPLE  
AND BE WELL-REWARDED FOR IT.

---

THAT'S RIGHT. YOU CAN HAVE A CAREER THAT ALLOWS BOTH PSYCHOLOGICAL FULFILLMENT AND FINANCIAL REWARDS AT THE SAME TIME.

HELP PEOPLE PLAN THEIR FINANCIAL FUTURE AND THAT OF THEIR FAMILIES. BELIEVE IT OR NOT, MANY PEOPLE WORK HARD FOR MANY YEARS ONLY TO END UP BEING FINANCIAL FAILURES BECAUSE OF BAD PLANNING. OUR MISSION IS PRECISELY TO HELP SUCH PEOPLE PLAN WELL FOR THEIR FUTURE.

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SO IF YOU ARE STILL SEARCHING FOR A LONG-TERM CAREER OR BUSINESS, JOIN THE BUSINESS THAT CAN GIVE YOU THE BEST OF BOTH WORLDS.

CONTACT: MAX S. JOAQUIN JR.  
TELEPHONE : 890-73-67/68

# INSPIRED? BOILED?

# ACTION? OR BOG?

**LAST YEAR** about this time there was a general uproar of opinion and vocal outrage led by Cardinal Jaime Sin to demand justice for the family and respect for human life at the 1994 Cairo Conference on Population and Development.

Now we are faced with its sequel — the upcoming Fourth World Conference on Women in Beijing this September 4-15 with the theme “Action for Equality, Development and Peace”. Discussions will center on such issues as equality and liberation of women, diversity of “sexual orientation”, “plurality of family forms”, sexual harassment, violence to women, and women’s rights.

I am all for the upliftment and strengthening of the dignity and rights of women, but isn’t this going a bit too, too far away from what God wanted woman to be? It isn’t right for a consensus document from such a conference to seek to impose on all governments of the world, under the guise of such international consensus, a twisted value system that will adversely affect the lifestyles and family values of families worldwide.

**The Holy Father has rightly called this secular humanism ideology a “culture of death.”**

Where is the uproar this time? The same issues are at stake as at the Cairo Conference last year.

Sunday, August 13, saw a rally organized by the Church to honor women — reports put attendance at only around 100,000. At this rally the committee on women of the Catholic Bish-

ops’ Conference of the Philippines (CBCP) prayed that the participants to the Beijing conference “be sensitive to the implications of their decisions and prescribe actions which truly promote the dignity and serve the real-life aspirations of women.”

Have we grown too blase, too immune to these sensitive issues confronting the future of society and its families, to rouse ourselves out of our daily stuporous struggles to confront these urgent moral issues? To do more than just bow our heads and pray? To make our views known?

Volume VIII, Number 5, May 1995 issue of the Documentation Service highlights the Beijing Conference and should be required reading for Catholics, for all of us wishing to be clear on the various issues involved, the position of the Church and her reservations on the Draft Document and the ethical dimensions of the conflict.

It is said that evil triumphs when good men fail to act, when well-intentioned men and women close their eyes to what is right and what is wrong and look the other way.

Before writing this editorial I asked several people about the Beijing Conference. 4 out of 5 weren’t even aware that there was going to be a Beijing Conference!!

Are we already tired of reading about, hearing and discussing these issues again and again? Remember Fr. Reuter’s story about the frog swimming in boiling water? Brothers and sisters, I don’t want to a boiled frog! I don’t know about you. **-Nancy R. Catan**

## *In This Issue*

### *Has Parenting Gone Out of Style?*

*This headline caught my eye sometime ago so I decided to ask some BCBP members how they dealt with the challenges and pressures of parenting. In this issue we are happy to give you some of their reflections, and one from another community, that cover the range of infants (Lessons From a Baby), toddlers (Surfacing For Air), and special children (Niccolo). Then we share with you a response from a young man to his parents written on his 20th birthday. (Inside back cover)*

*We also offer you a bible study on the kind of legacy we parents can leave our children.*

*I’m sure that most of you have your own stories and insights into parenting. We hope you can also share them with us in future issues. -Editor*

Views At Large

# Do You Like SABADO NIGHTS?

Roy Siojo, Greenhills Chapter

AN INFORMAL SURVEY recently conducted by the Values Formation Committee of the Philippine Association of National Advertisers (PANA) showed that San Miguel Beer's "Sabado Nights" is the most likable ad on the boob tube these days. Almost 200 people of various ages were polled, including 30 members of our Greenhills Chapter.

Personally speaking, I find "Sabado Nights" to be one of the best Pinoy TV ads made in recent years. The camera work, editing, soundtrack and casting are so neat and sharp.

But looking beyond its production values, "Sabado Nights" is not as likable as it seems. What do you make of the lead character who only has to honk his horn to get his date out and then ends up warming up to somebody else at the bar aside from his partner? Of course, his date had somebody else in mind, too.

While we adults can understand that it's just an ad, what impressions does it make on our children who see it almost every day? It may be cute to hear them singing the jingle, but how do the images affect their values and their thinking?

It's really surprising how San Miguel Corporation, which has historically espoused family values in their ads, can let

this one pass. But then only a few months ago, their Cali 10 ad had that naughty bubble leading the viewers in a mock striptease of the models.

Other societies would be less tolerant.

For example, a Malaysian government policy which seeks to promote family values bans homosexuals from taking part or appearing on television programs. Meanwhile, Asian Wall Street Journal staff reporter Peter Waldwan writes that "Iranian ads can have no women, no English, no celebrities, no jokes, no product claims and no hints, whatsoever of sex, aristocracy or America." And in Bombay, Cultural Affairs Minister Pramod Navalkar warned against the use of sex in advertising.

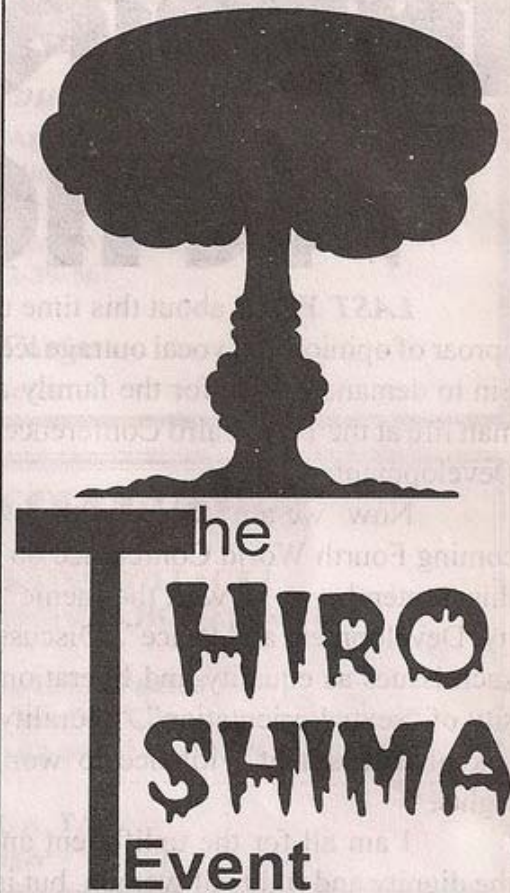
Sounds like the inquisition? Well, it depends on where you're coming from. We've always been afraid of the media and hesitant to be called prudes and righteous folk. But we are Christians, aren't we? And we have a right and a duty, both as Christian advertisers and Christian consumers, to see that media does not distort our values for the sake of profit.

If you don't like what you see on TV advertising, let the PANA or the advertisers themselves know.

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Roy handles corporate communications for a bank and is a member of the Values Formation Committee of PANA. He is the chapter head of BCBP Greenhills Chapter.

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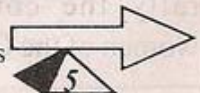
Pinky Lim, Cagayan de Oro Chapter

"THE HIROSHIMA" event is not a farfetched possibility. An impossible dream. It is a reality in Man's modern world. It has not only brought much ruin to Japan but worse, it has left deep-seated physical and psychological pains that will take more than a lifetime to heal.

But it seems the cries of Japan and other peace-loving nations to ban all nuclear tests have fallen on deaf ears. This is a "reflection of a deep-seated cultural imperialism and colonialism on the part of the Europeans and even of the United States where the victims are the people and territories of Asia" (Ed.PDI 8/7/95).

Is Man, the crowning glory of the world, using his power to destroy himself and his world? It certainly seems so!

While human progress is of great advantage to man, it brings with it a strong sense of temptation. It appears that the rapid discoveries of science have led many to think of the idea of God as "old fashioned". Man has now come of age — he no longer needs



# Consumer's Prayer

Joyce Shutt

Throwaway bottles  
Throwaway cans  
Throwaway friendships  
Throwaway fans

Disposable diapers  
Disposable plates  
Disposable people  
Disposable wastes

Instant puddings  
Instant rice  
Instant intimacy  
Instant "highs"

Plastic dishes  
Plastic laces  
Plastic flowers  
Plastic faces

Lord of the living  
Transcending our lives  
Infuse us with meaning  
Recycle our lives.

## HIROSHIMA... from p. 4

God. So he seeks to take into his own hands the destiny of the world and of man. Man has created his own abyss of evil around his great summits of accomplishments.

We need to have leaders as the world's peacemakers who nourish a profound reverence for humanity. They should be able to extend their thoughts and spirits beyond the narrow confines of their own nations, putting aside national selfishness and ambitions to dominate other lesser nations.

We have been granted an interlude between last Hiroshima event and the next one for which we are thankful. We need to use this time to realize our responsibility as God's messengers of love and peace and to find the means to resolve our disputes in a manner more worthy of Man.

"Happy are those who work for peace among men; God will call them his sons." (Mt. 5:9) #

## In The Marketplace



Eddie Mendoza  
Greenhills Chapter

# Your Building's On FIRE!

**IF YOUR NEIGHBOR'S** building were on fire, and he was in the building and not aware of it, would you let him know about it?

Even if it meant risking your life to save his? What if you saw the person setting fire to the building, and you realize that he is someone you know personally, would you stop him? Would you report him?

I know a person employed in a large firm. He discovered that his superior is taking bribes from suppliers. Should he report it? Should he confront his superior? Or should he be silent about it and thank God that he is not involved in it himself?

I know another fellow who is engaged in improper disposition of company promotional materials and product samples because it is the practice of everyone else, including his boss. They have rationalized their malversation to make it seem like no harm is done to anyone. Now, he has turned to the Lord, but is afraid that if he does things the proper way, his performance will be noticeably different and this will focus attention and suspicion on everyone else.

First of all, there is a lot of wisdom and truth to the saying that it only takes a few good men to remain silent in order for evil to prevail.

Secondly, as employees, our responsibility is to all the stakeholders of the business — our co-employees, our boss, the owners of the company, its creditors and suppliers, its customers, the general public who use your products or who are exposed

to your products, and the government. And this is true no matter what our position in the firm may be, whether we are merely the messenger boy or the chairman of the board. We ought to take the best interest of all the stakeholders in mind, and we are expected to work honorably towards that.

If you analyze any dishonest situation closely, someone is being cheated of what is rightly due him. There is no dishonest situation where "no one is hurt". That is a lie.

Jesus says the truth: "Do to others as you would have them do to you" (Luke 6:31). The truth is, our employment is a gift from God, and we are placed there as His stewards and His witnesses. What kind of witness are you? Do you only spread the good news, but do not denounce the bad?

Finally, let us remember that God hates evil of this kind. Deuteronomy 25:16 says, "For the Lord your God detests anyone who does these things, anyone who deals dishonestly." I urge you to read Proverbs 12:22, Galations 6:1 and Isaiah 33:15-16 for even more enlightenment.

If you are faced with this situation, simply remember the apostles being tossed about in a boat in the middle of a stormy sea. Do not despair, trust in the Lord and be strong in faith. Do not think that there is any evil that is too great for the Lord to overcome. The Lord is your Mighty King, your strength, your refuge, your fortress in times of trouble. He will sustain you, he will never let the righteous fall. He will never be put to shame. Never.

Eddie Mendoza is vice president and head of Corporate Planning of one of the Philippine's prestige corporations, Phinma, and serves as the Mission Director of the BCBP Greenhills Chapter.

SAN FERNANDO, L.U.

AGOO

BAGUIO

DAGUPAN

SAN FERNANDO, P.

PASIG

TARLAC



MAKATI

SANTO TOMAS

MALOLOS

CABANATUAN

MARILAO

STA. MARIA, BUL.

VALENZUELA

BALINTAWAN

BALARA

TANDANG SORA

MAKATI

COMMONWEALTH

DEL MONTE

ERMITA, Q.C.

TAGUIG (C5)

BAGUIO

BAGUIO

G. TUAZON

GARNET

CALOOCAN

LOS BAÑOS

MAHAYAG

MALABON



AYALA

MANILA

DOLF

TAMO EXT.

TANAUAN

LIPA

SAN JOSE

RIZAL

BATANGAS CITY

CAINTA

SAN PEDRO

CANLUBANG

BACOLOD

SAN PABLO

LUCENA

BACOLOD CITY

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WILSON



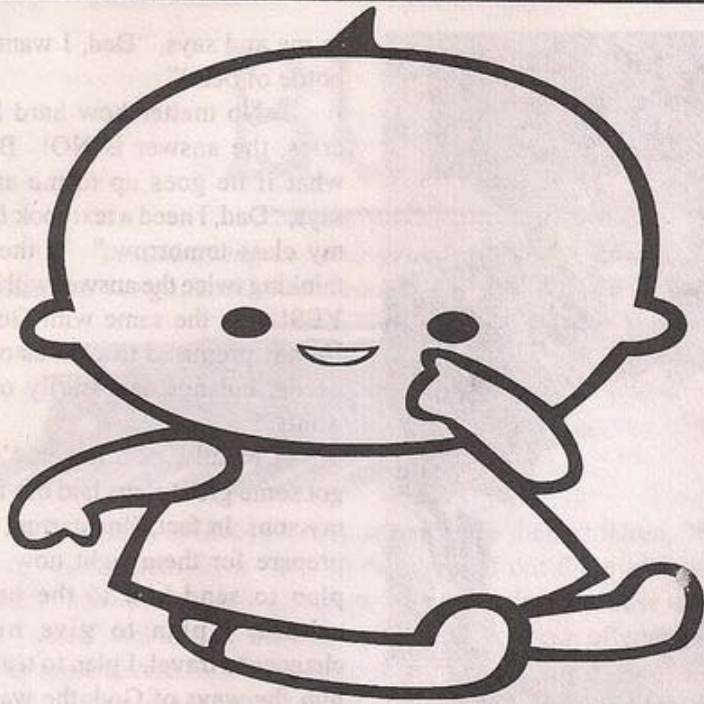
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# LESSONS from a BABY

Butch Jimenez

**I'M NOW A FATHER!** Wow! I'm now a father! Ok, Ok, let me take a deep breath, let me settle down, and allow me to relax.

Now let me run that by you again, I'm now a FATHER! Is it obvious I'm super excited? Well I really am, and I can't hide it. This was right after my wife gave birth to a cute, fat, adorable, and big (very big) baby. He was 8 lbs. 4 ozs., over 50 cms., and definitely a bundle of joy. We named him, Menardo Miguel Amper Jimenez III nicknamed, Migs.

So, what's all the fuss about being a father? What's so great about late nights, wet diapers, the dribbling of saliva, all day crying, and a baby who can't do anything without you?

Well, from the outside looking in, there really isn't anything great about it...unless...it's your own baby. Then all of those hardships are suddenly transformed into joy. In fact, I wouldn't want to have it any other way. I can't imagine my baby waking up, and telling me, "Don't bother, Dad, I'll take care of myself."

Then all of a sudden it hit me. That's what God meant when He wanted me to trust Him with all of my heart. That's what God meant when He wanted me to totally depend on Him. From then on, I had learned to see God not just as a Friend, but as a Father. And that's why I'm so excited about my new role as a father because I've learned a lot more about God ever since.

For example, it's not easy to come home from work, go to

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*Butch Jimenez is the president of Conquest For Christ Foundation and a business executive. This article first appeared in the Evangelicals Today & Asia Ministry Digest, October 1994 issue, and is reprinted in the KAPATIRAN with permission.*

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sleep, and every 2 hours after midnight be awakened by a cry. But as a father, I realize Migs needs something which only Tricia (my beautiful wife) or I can provide. So amidst the peaceful sleep, I manage to stand up with only one eye open and attend to the needs of my baby.

Isn't God just like that? No matter what time of the day, no matter how frequent, every time we call through prayer, God comes to our side. But God is a far better Father than I. Honestly, I sometimes get tired and even irritated. But God never does.

Also, since I have found myself eager to give the best to Migs, going through a mall, my focus would be on getting something for my son and no longer for myself. I would choose between two items for my son, I would always opt for the best and nothing less.

The best of course does not necessarily mean the most expensive, but the best in price, and quality.

Then I realized again, that's just how God is. All He wants is the best for His children and nothing less. And even if we don't ask, He is always on the lookout to provide us with something we need to help us grow spiritually, emotionally, and sometimes even materially. And one thing great about God is that He knows what's the best for us all the time. As for me, I have made mistakes in buying the best things for my son, but not God. You'll never catch Him making a mistake.

One night, I saw a mosquito circling around Miguel's body. I watched intently as it slowed down and tried to land. Before it could reach my baby's leg, I got an old magazine and swatted it away. Then I declared war on all the mosquitoes in the room by spraying the whole area with pesticide (after asking Tricia to take Migs out, of course).

LESSONS... from p. 7

Now what's my point? From that moment, I realized that I was willing to die for my baby, that I would protect him with all my life and if I need to offer my very own life for his protection and salvation, so be it.

That's definitely just like Papa God. He died for you and me. That's how much He loves us. But what's even more inspiring is that He died for us while we rebelled against Him. And in our times of trouble, He promised never to leave us nor forsake us. And when enemies come to attack, God proclaims that no weapon formed against us will prosper. What then do we have to fear?

I love looking at Migs. And to me, no matter what anybody has to say, Migs is the best. He's the cutest, he's the sweetest, the funniest, the chubbiest, the healthiest, the smartest and any other good "est" you can think of.

Then I realized, that's how God looks at us too. The Bible says that, "we are fearfully and wonderfully made." And I don't care what people think of you, hold your head up high because God thinks you're the best and nothing less. In fact you're so precious to Him that even if you were the only person in the world, He would still send His Son to die just for you.

At home, we have a gadget known as the baby monitor. This monitor allows us to hear what our baby is doing even if we are in separate rooms. I observed something about myself. No matter what I'm doing, no matter how busy I am, no matter how noisy it is in the room, if I hear my baby whimper through the monitor, everything stops and I listen. And if his whimper turns into a cry, I rush immediately to his side to answer his call.

God is just the same. I bet he's really busy. In fact, nobody can say he or she is busier than God. But just a small cry from your heart, and God stops and listens to you. I don't know my baby needs me



*BCBP babies with their moms*

until he cries. But as for God before you can say anything, He already knows your needs and answers them.

Now before you say, "but why hasn't God answered my prayer yet?" let me qualify my statement. God answers your needs, but not necessarily your wants. There is a world of difference between the two. Imagine my baby 5 years from now. He'll probably be 3 feet tall, 60 pounds, and running all over the place. What if he goes up

to me and says, "Dad, I want a bottle of beer!"

No matter how hard he cries, the answer is NO! But what if he goes up to me and says, "Dad, I need a textbook for my class tomorrow." Without thinking twice the answer will be YES! It's the same with God. He has promised to give us our needs, but not necessarily our wants.

Finally, as a father, I've got some great plans laid out for my son. In fact, I'm starting to prepare for them right now. I plan to send him to the best school, I plan to give him chances to travel, I plan to teach him the ways of God, the ways of business, sports, arts, and so on and so forth.

God also has some great plans for us, His children. Of course like my baby, we will also have the opportunity to reject God's plans for us no matter how great they are. But if we do, we are not in the perfect will of the Lord and we may never experience the best that we can be. So let's endeavor to seek God's plan for our life, and submit to it with all our hearts.

Oops, I hear my baby crying. Gotta go! I'm, coming, Miguel...#



**SEVEN YEARS AGO**, we went on a pilgrimage to Medjugorje, Yugoslavia, to ask for a baby. Seven months ago, someone suggested we go back, "to put the candle out". Reason: the stork had just dropped another special delivery into our busy home: Mia, latest of the Salvador issues, after Nico now 6 1/2, Tono just turned 5, Anton turning 4, and Marga age 2 1/2 (whew!). And so, I am the last person to be surprised by the whirlwind nature of my days since then. But being blasé offers no immunity to being overwhelmed, and that I am.

I will not attempt to describe a typical day, because no such thing exists. From the moment I open my eyes in the morning, I move in a collage of baby cereal, P.E. shoes and pony tails, dinosaurs, fetching cards and tearless shampoo. Suddenly, it is noontime and it seems all I've done was coax a child through a half-eaten breakfast.

After several grudgingly settled arguments and countless corner time-outs, dinnertime looms. Finally, sometime after the goodnight kisses and before my eyes shut down of their own volition, I realize that I have forgotten to fill-up the return slip, or call the doctor, or go to the market.

I have just spent another day doing the Mommy Merry-go-round.

But this isn't right! Day to day logistics, disciplinary concerns and sundry things to do shouldn't be allowed to take the limelight from the real nitty gritty of being a Mommy! Training (a euphemism for this maternal obsession to see to it that the children are perfectly

turned out, complete with exquisite table manners, impeccable grooming and admirable social behavior) is just one way to skin a cat — er, love a child. And so, I change my track, convinced

that as far as loving my children is concerned, I must do things with them, at least as much as I do things for them.

I take a closer look at how we spend time together. Being a stay-at-home Mom, I realize, does not necessarily mean being a with-the-kids Mom. A whole day can be spent telling them to

"Wait..." time and again because I am busy preparing meals or cleaning house or doing paperwork...embarrassing! And so, for the sake of a playful bath, an impromptu story or even a cuddle in bed, I let the housework go. There will always be chores to do, whereas my children will not always be little.

Taking the extra time has its benefits, I learn. No biology lesson has ever been so memorable as when, traveling to Bulacan, we pay no mind to a fifteen-minute roadside stop to watch a cow and her yearling munching grass. Sometimes it's a circus poster, sometimes it's rainbows.

It may take ten practice sheets on ten separate Saturdays before a name is even close to readable, but it's well worth a pre-schooler's beaming smile of pride. "No" is a refrain I tell my two-year old while

I chase after her all her wakeful hours, but one day, I know, she'll learn its meaning.

As eager as I am to unravel these gifts of God to me, I must be patient, lest the surprise come undone in the unwrapping.

### "TIME" IS THE FIRST KEYWORD

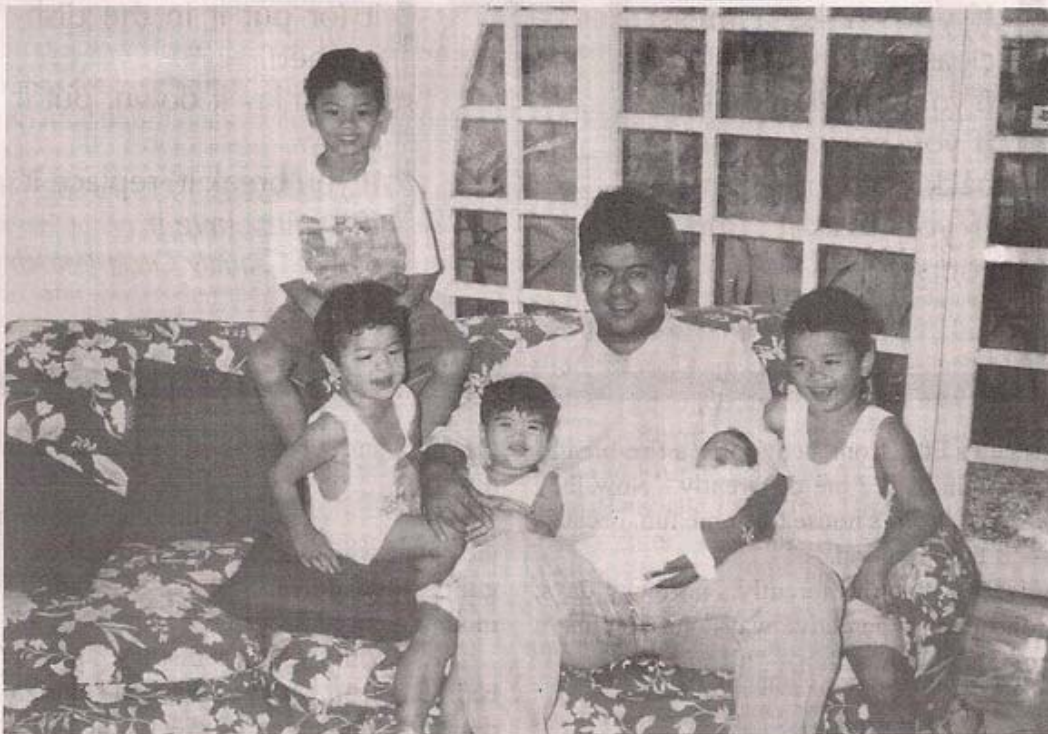
The first keyword, obviously, is TIME. In the heart of a child, time and attention for him alone is a

treasure. He takes that moment and puts it in his filing cabinet of memories, to keep forever. It comes to him as an affirmation that he is special, loved and unique.

# Surfacing For Air

*Annie P. Salvador, Makati Chapter*

*How can we cope with the pressures and hassles of parenthood and still maintain our sanity and joy? Annie Salvador, mother of three boys and two girls, shares with us her keywords to parenting: Time and Balance.*



*Always do right. This will gratify some people, and astonish the rest. -Mark Twain*

**SURFACING FOR AIR... from p. 7**

So I refocus. Often faced with more than I can handle at one time, I learn to ask: Is it urgent? Is it important? Is it precious?

This kind of assessment, performed in split-seconds, takes practice, but it pays to make the effort. With minimal success so far, I find that there can be sanity even in the midst of the merry-go-around. A burnt dinner does not faze me anymore, neither a messed-up room, hopelessly tangled shoelaces, nor unidentified objects floating in the toilet bowl.

I know that many times, I have managed to choose the best over the good. And my children, bit by tiny bit, are learning that the world does not revolve around them, that postponing their needs is not necessarily life-threatening.

I, too, am learning. Indeed, there is a happy middle between the ogre Mom, who proclaims rules and dispenses discipline, and the smiling Mom, who creates delight and elicits laughter. As I ease up a little from being such a fire-breathing dragon, the children begin to see me differently. Now they don't need to go all the way to Lolo's house for some fun, because it can be had with me — if they're good.

And I also am seeing them differently: on lucky days, they set aside their hardheaded, hyperactive ways and give me a glimpse of the innocence and charm within — if I'm good.

**BALANCE IS THE SECOND KEYWORD**

My children and I are discovering the second keyword: BALANCE.

It is a worthy lesson for them to learn: that life is not all Lego and lollipops. They can play up a storm, but they must

clean up afterwards. If a week passes without any disastrous misbehavior, then we can watch that longed-for and talked about tape or movie. Hitting the little sister is a bad mistake, worth long minutes in a corner, while helping with the chores has more pleasant consequences.

As for me, I realize now that I am a mother, not a slave. The fact that the kids are so young — and so many! — means that there's a lot to be done and I have to work very hard, but no, it doesn't mean that I am at their beck and call.

Some days being more hectic than others, I am learning the knack of keeping calm in the midst of chaos. I take

time out, too, using some of my twenty-four hours for myself: to rest, to exercise, to be with my husband, to be with my friends. I find that in recharging my energies, in enhancing my depth and dimensions, I have more to give my children. And this bears an added bonus for them: as they see that I value myself, they will learn to respect

me more and see me as an example for their own worth and dignity.

I sometimes feel guilty talking to my mother on the phone while I know it's my daughter's bath time, but I give my guilt a little shove: she can stay dirty a half hour more, my mother's pot roast recipe is important, too.

While resting at midday, I hear a fight starting outside my bedroom door, but I turn over and close my eyes. If it doesn't die down in ten minutes, or twenty, then I'll investigate.

We're entertaining some friends in the terrace and there's a crash in the living... "Wait, finish your joke first, what's the punch line?" My eldest son walks over... "What? Blood? Call an ambulance, quick!!" #

**HOUSE RULES  
A Mother's Survival Guide**



- If you wear it, hang it up.**
- If you sleep on it, make it up.**
- If you move it, return it.**
- If you open it, close it!**
- If you make a mess, clean it up.**
- If you drop it, pick it up.**
- If you borrow it, put it back where it belongs.**
- If you lose it, find it yourself.**

- If you turn it on, turn it off.**
- If it rings, answer it.**
- If it howls or meows, feed it or let it out.**
- If you eat out of it, wash it (or put it in the dishwasher).**
- If you lay it down, put it away.**
- If you break it, replace it.**
- If it cries, love it.**

*Source: Family Circle (March 1995)*

In response to our request for members' tips on health, our Makati KAPATIRAN correspondent, **Dr. Danny Silbor**, a Doctor of Veterinary Medicine (U.P. Diliman, 1981), submitted this article with these prefatory comments: "As the only veterinarian-swine practitioner in the BCBP (I have yet to meet another veterinarian in the BCBP), I feel compelled to write this article on Foot and Mouth Disease (FMD) or more appropriate Hoof and Mouth disease in reaction to the media-hype scare about its dangers to the eating public." He adds, "If doctors have their pedia, ob-gyne, eent specialities, we have our canine, equine, swine and poultry practitioners."

**LET'S GET STRAIGHT** to the point. Is FMD transmissible to humans?

**NO. NO. NO.** Unless you are a cloven-footed animal, which I'm sure you're not. What's a cloven footed animal? Yung dalawa ang kuko sa paa ... as in pigs, cows, goats, sheep, carabaos. These are naturally susceptible to the FMD virus. Dogs, horses and humans are safe from FMD.

To be more technical about it, the etiologic agent is a Picorna, Aphthovirus of several strains (Types A, C and O; sub-types Campos, Manisa and Hongkong-1). This virus does not consider humans as a target natural host.

Veterinarians do identify certain diseases as **ZOONOTIC** diseases or those which can be transmissible from man to animals and vice versa. FMD is NOT a zoonotic disease.

**Is it safe to eat pork?**

The second question is: is pork from an FMD carrier or infected pig safe to eat?

Please refer to the first question above. And let me add a few points. Even if, I repeat, even if you eat pork in sushi, sashimi or kinilaw style, you **will not** be infected with FMD. Although the virus has been known to stay in fresh meat, normal washing and cooking gets rid of it.

You have more to fear if your pork is tainted with other bacteria which are zoonotic like Salmonella and E. coli. These are the ones which may cause food poisoning and intestinal flu. And these bacteria have been detected in sub-infective levels in unfiltered and unboiled NAWASA drinking water.

Red tide kills. Formalin-laced vegetables can cause stomach problems. Cyanide-laden and polluted fish can also cause problems. Salmonella bacteria from poorly prepared sushi or sashimi can give you a bum stomach. Pork? You have more to fear from the cholesterol in it than the FMD!

How can you tell if the meat we buy is infected with FMD? You can't. In the same way, you can't tell if it has been infected with any other bacteria either. Bearing in mind the previous answers, housewives are cautioned to observe common sanitary measures: buy meat from reliable sources, wash and cook the meat thoroughly before eating, etc.

**Other issues are at stake.**

Of course, there are other issues — the obvious and those less obvious — at stake here.

1. Media hype. Due to an uncontrolled and undirected media exposure and unnecessary sensationalism, eating pork was put in a very bad light ...worse than what the fear of cholesterol ever did. Some sectors went so far as to speculate that this media blitz is the first stage of a GATT importation of pork.

2. Hidden motives. The media hype led to a 300% increase of supermarket pork sales of big name meat processors who claimed that they are FMD free. All this to the detriment of the public market meat vendors.

3. Government's hidden agenda. The government does not have a rational eradication program for any livestock disease. In the U.S., any infected farm would have been closed down with all animals slaughtered to prevent the spread of the disease with the government compensating the farmer for the value. No such program exists in the Philippines.

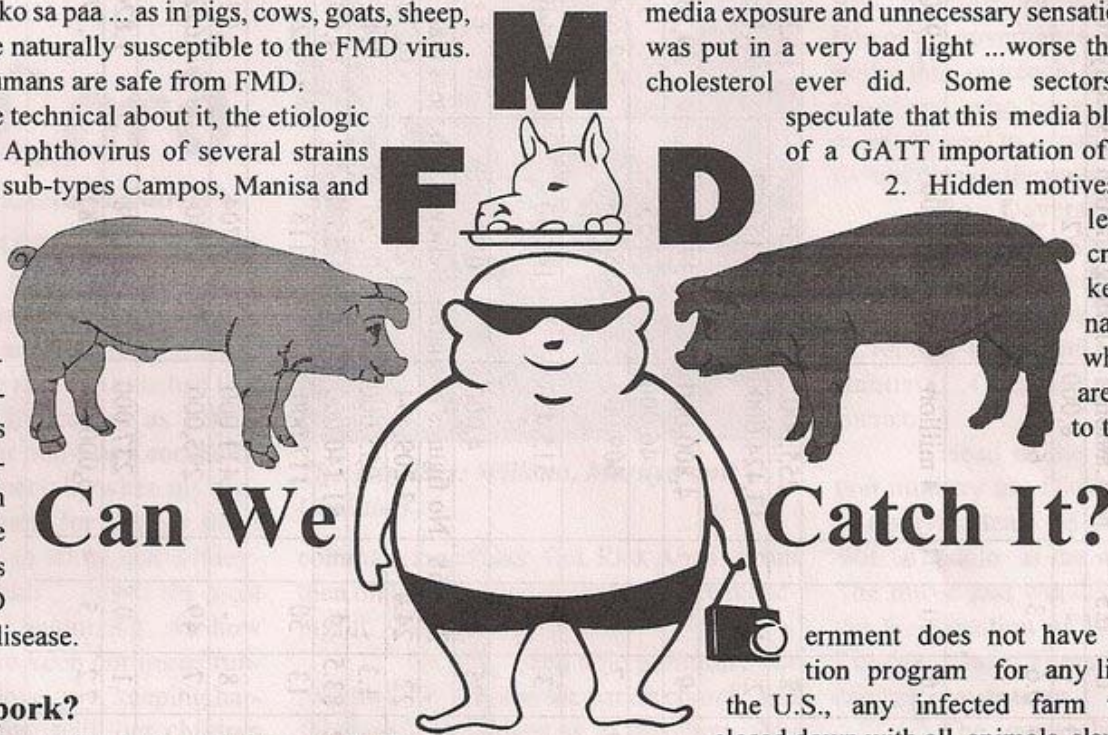
The government has sought to control the disease by controlling the sale of imported vaccines. However, the outbreaks caused a great demand and the government ran out of their inadequate inventory of said vaccines. Is it budget time again?

4. Who is to blame? The National Hog Raisers group has accused government of importing buffalo meat from an FMD endemic area in India last year. This led to an increase in the incidence of otherwise controlled outbreaks.

**The bottom line.**

Housewives care. Any housewife will not feed her family with meat suspected of coming from an infected animal, FMD or otherwise.

I cannot help but stress the fact that FMD is not transmissible to humans. Do not let the media blitz confuse you. FMD is a **VETERINARY** and **NOT** a public health concern. FMD should not be a factor that will lead you to decide whether to eat pork or not. - **Danny Silbor**



Country	Population (in millions)	% Urban Pop.	Per Capita Income (U.S.\$)	% Major Religions						Catholic Church			When Started	
				B	H	M	C	T	N	Number	Bishops/Priests	Religious		
														No Catholics
Afghanistan	20.0	19	\$ 150	-	-	99	-	-	-	-	No Catholics	No evangelization allowed		
Bhutan	0.7	7	\$ 415	70	249	5	0	0.5			No Catholics	Evangelization is strictly forbidden		
Brunei	0.3	58	\$ 18,500	18	-	80	-	-	-	-	8,000	0/2	3	1929
Cambodia	9.7	13	\$ 215	88	-	2.4	0.6	3			65,000	1/74	15	17th century by Jesuits, Dominicans & Franciscans
China	1,200.0	29	\$ 435	6	-	2	1.6	20	71	4 million	69/1,300		3,950	635 by a Syrian monk, followed in 1224 by Franciscans & 1583 by Jesuits
Hong Kong	6.1	95	\$ 18,500	74	-	-	8	-	-	255,000	1/336		1,521	1841
India	914.2	26	\$ 310	0.8	83	11	2	1.9		13,424,000	150/15,072		100,125	70 with the martyrdom of St. Thomas
Indonesia	193.9	33	\$ 645	1	2	87	9	1		4,800,000	37/1850		29,250	7th Century
Laos	4.7	21	\$ 290	58	-	1	1.1	34		46,000	3/55		94	1630 by Jesuits
Malaysia	19.5	46	\$ 3,230	30	8	50	7	5		609,000	8/219		2,666	1511 by Portuguese missionaries
Myanmar (Cambodia)	45.7	26	\$ 890	85	4	5	3	3		515,433	14/340		3,449	1544 by French Franciscans
Nepal	21.3	13	\$ 180	7	20	3	.25	69		4,000	0/31		95	1679 by the Jesuits
North Korea	22.2	64	\$ 973	-	-	-	-	30	68	No figures available. Believed to be less than 10,000				1784
So. Korea	44.7	26	\$ 7,250	36.3	-	-	22	24.4		3,209,494	17/2181		14,702	1784
Pakistan	128.2	34	\$ 440	-	1.7	97	1.3	-		935,000	9/265		1,433	1594 by Jesuits
Philippines	66.0	45	\$ 850	-	-	4.2	83.5	9		51,140,000	111/5572		14,093	1521 by Magellan
Singapore	3.1	100	\$ 18,025	20	-	17	13	50		117,000	0/115		324	1511 by Portuguese missionaries
Sri Lanka	17.9	22	\$ 550	70	15	7	8	-		1,411,000	16/704		8,021	1517 by Franciscans
Taiwan	21.2	56	\$ 11,236	43	-	-	7	49		295,000	3/740		1,622	1626 by Spanish Dominicans and Japanese priests
Thailand	60.2	35	\$ 2,085	94	-	4	1	0.8		237,000	19/598		1,826	1554 by Dominicans
Vietnam	74.0	20	\$ 220	55	-	-	7.2	5		6,000,000	33/1833		7,178	1615 by Jesuits

Notes:

1. "Religious" includes brothers, sisters, seminarians and catechists.
2. Key to Major Religions: B=Buddhists, H=Hindus, M=Muslims, C=Christians, T=Traditional and others, N=Non-religious
3. Data Source: World Mission Magazine, Vol. VII, No. 5, 1995



**THE ASIAN CONTINENT** is the largest and most populated continent in the world — largest since it occupies one third of the earth's surface, and most populous as it contains 60% of the world's population or about 3,345 million people.

Asia is composed of well-known countries like Japan, Singapore, Philippines, China, India, Thailand and Indonesia (to name only a few) plus many lesser-known countries such as Myanmar, Bhutan, Maldives and Mongolia.

Agriculture is still the basic economic activity of the majority, 62%, of the population although rapid industrialization can be seen in some areas like Japan.

On the over-all religious situation on the Asian continent, the **World Mission Magazine**, Vol. VII, No. 5, states: "In Asia there is a deep interrelation between religion and culture. The way of life and cultural expressions of the Asian peoples are very much determined by their religious beliefs. The great religions have kept their impact on cultures and traditions despite the control of Communism in some countries and growing secularism in others."

Asia is the birthplace of the main religions existing in the world. And here we can see a great difference in terms of growth. Christianity and Islam both originated in the Middle East. Today Christians are found in only about 4% of Asia's total population while Islam has about 21% or some 700 million Asian followers. Other religions in Asia include Hinduism with about 648 million faithful, Buddhism with nearly 300 million followers, and the smaller but no less deeply rooted religions: Confucianism (6 million adherents), Taoism and Shintoism.

Which countries in Asia should we target for evangelization? The accompanying table may help you decide.

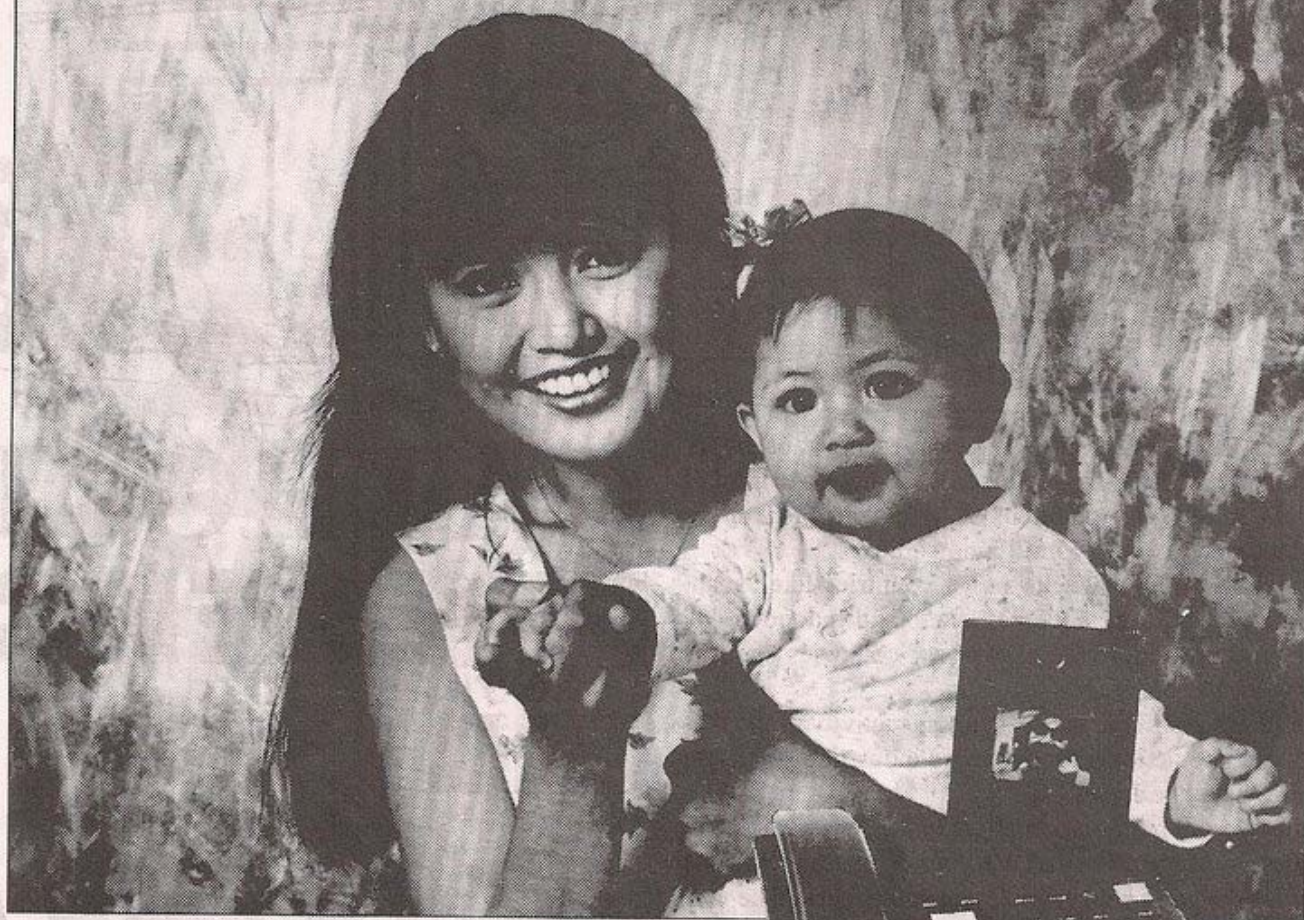
What can we do NOW? We can begin intensive praying for the evangelization of these countries, for laborers to answer the call of the harvest. And when the Church asks, we should open our hearts and our pocketbooks for this mission. -Nancy R. Catan

# CATHOLIC PRESENCE in

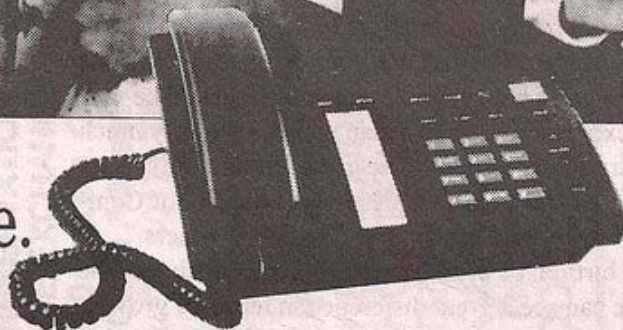
# ASIA

*Pope John Paul II has repeatedly called the Philippine Church to be the evangelizers of Asia. In this article based on data gleaned from a special issue of the World Mission Magazine, we can see just what a challenge this is.*

Have a reunion with  
Lola in San Francisco.  
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PLDT

KEEPING YOU IN TOUCH



**THERE ARE PROBABLY** few things more frightening or numbing to parents than to hear a doctor say that their child, their heretofore perfectly normal child, is flawed. And flawed with something that cannot be cured by existing medical or scientific methods.

In the summer of 1993, PV and I were told by a child psychologist that our second son, Niccolo, had Asperger's Syndrome. Asperger's Syndrome is a mild form of autism, a sensory perception disorder that is said to afflict 5 in every ten thousand children. There are 3 times as many boys with autism as there are girls and the disorder occurs regardless of race, culture or environment.

Autism is treatable but not curable. It affects people differently both in the severity of their affliction and the response they make to intervention. It is a disease that masks itself with such utter physical normalcy that it is seldom spotted before a baby has reached its 18th month.

My first thought was "Why us?" What had we done that our son should be the recipient of such an impossible flaw? PV told me later that he'd remained numb throughout only to suddenly burst into tears when he was alone and the realization hit him. I cried, too. Not for myself but for Niccolo.

What would life be like for him? The first thing the doctor tells you is to give up all your plans and dreams for your child. You are forced to live on a day-to-day basis. We were told that Niccolo was one of the lucky ones. Because he is what they call a high-functioning autistic, there is a great chance that with proper therapy, education and stimulation he will learn to manage his disorder and live a fairly normal, if perhaps occasionally eccentric, life.

That was of no comfort to us at the time. All we knew was that we were afraid of what the future held for our son. Or worse — that there would be no future.

Ironically, PV had once been a volunteer at St. Joseph of Cupertino, the school in Quezon City for special children. He'd even worked with a severely autistic child and succeeded in drawing her out of her world enough for her to say his name. Now, he couldn't get his own son to say "Daddy." It was daunting and painful for both of us.

An autistic person is like an alien in our world. He sees and hears and feels things differently from the rest of us. While we respond to the nearest audible sounds, he may hear a bird chirping several feet away instead. The bright colors that please us may frighten or agitate him. The hugs and kisses we exchange may prove physically and intensely irritating or even painful to him. He perceives things the way a Martian stranded on Earth would perceive things. Strangely. Warily. Sometimes fearfully.



# Niccolo: Our Special Child

*Monette Beley, Greenhills Chapter*

*God often sends us His blessings in very special and unique ways. Monette Beley tells us about Niccolo, their autistic son, and how he has affected their life. This is a story of the faith, fears, acceptance and joys she and her family have had and are experiencing as God's plan for them unfolds.*

As a result, he is afraid to trust. Afraid to reach out. Afraid to explore this terrifyingly unfamiliar planet of ours. Hence, the lack of connection with the world at large. He avoids eye contact and seldom speaks or never talks at all. He withdraws into his own comforting world.

To help such a child, one must draw him out of that inner world and force him to confront and deal with the outer, and to him alien, world.

As our older son Bryan put it, Niccolo is like a fully operational computer with a malfunctioning chip. He can and does receive information but he does not necessarily process it correctly or quickly.

Strange how we forget God just when we need Him the most. In those first days of anger, despair and fear, I remember floundering about like a person lost in a fog. I was so completely unsure about what to do. Then God called to me and reminded me of His loving,



# P2.00 and the Old Woman

*Manny Bade, Makati Chapter*

**THERE SHE WAS**, an old woman, seated quietly in a corner, bent with age, stooping so low to be able to read what seemed to be a Bible, tattered and worn-out, having seen better times, its cover missing.

It was Legaspi Outreach's BCLP 2 Culture Talks and one of the talks scheduled for the day was my talk on "The Christian and His Money." As I espied the old woman, I said to myself that indeed no one is ever too old enough to desire to have a close personal relationship with the Lord, thinking that the old woman was herself a participant.

When the afternoon session started, everybody trooped into the room including the old woman. As the song was being sung, I noticed a sister from the Music Ministry signal with her head to someone at the back. That brother

approached the old woman and for some interminable seconds there were whispered arguments between the brother and the old woman. Finally, the brother went out of the room, fetched a chair and offered it to the old woman for her to sit down on.

The first culture talk for the afternoon was delivered and as usual, group discussion followed immediately. As the group discussion progressed, I observed that the old woman was delightfully and animatedly participating in the deliberations of the group to which she assigned herself. And then I forgot about the old woman with utter amusement.

Then my turn came to speak on the subject of the Christian and his money, worldly possessions and how God intended us to be mere stewards or managers of all these resources that He has generously endowed us with, and that it behooves everyone, particularly Christians to share with others whatever material blessings he has received from Him. I stressed the importance of tithing on a regular basis to support the BCBP's activities.

In my talk as usual I cited the parable of the widow's offering (Mark 12:41 and Luke 21:1) — about the poor widow who dropped in two little coins, worth about a penny, in the temple's offering box. Jesus called His disciples together and told them that this poor widow put more in the offering box than

did all the others "for the others put in what they had to spare of their riches; but she, poor as she is, put in all she had — she gave all she had to live on."

After my talk, I started to return to my seat at the back of the room. As I passed by the old woman, she suddenly thrust out her right hand, with her fist clenched, in my direction, her head bowed down so low as if to avoid my gaze, an act which I immodestly perceived to be her congratulatory gesture for my talk.

Instinctively, I reached out for her hand by way of acknowledgment but she did not let go as our hands touched. I felt a hard object between her palm and mine. As deftly as she could, she transferred it to my hand. When I looked at it, it was a two-peso coin. No words uttered. No meaningful looks exchanged. But the touch of her gnarled hand sent electrifying waves of amazement and disbelief in a mute encounter that was deafening in its silence.

As I gathered my wits about me, I managed to mutter in sheer bewilderment, "She gave me money; she gave me two pesos." Many people around witnessed the incident.

During merienda break, curiosity getting the better of me, I started asking around who that old woman was. Nobody, but nobody, knew. It seems strange, I said to myself, that in this small locality where everybody knows everybody else, nobody would ever know a

woman whom I thought at first to be participant of the on-going BCLP.

As suddenly as she appeared with hardly anyone noticing her, she seemingly vanished into the twilight hours. A

sister, however, from the Makati Chapter who was serving in the BCLP caught a glimpse of her lingering at the Cathedral compound gate, every now and then casting a wistful look at the crowd she was leaving behind, bidding goodbye with words that remained unsaid. As dusk fell, the old woman disappeared into oblivion.

Who was the old woman, bent with age, clutching an old, tattered Bible, nearly ejected from the seminar room had she not resisted? Nobody knew. Could I have known her the moment she handed me the P2.00 coin? I'm not sure.

But what I know and what I am sure of is that our Legaspi Outreach asked for official receipt booklets so that the members could start their tithe-giving. What I also know was the tithes for the Makati Chapter for that month reached an unprecedented level.

God really does work in mysterious ways His wonders to perform. He made the parable of the widow and her two coins a living reality for me and our Legaspi Outreach.

What was God trying to tell us? If this old woman could give all she had, why can't we at least give more than we are giving at present? Jesus' blessing the poor widow's offering extends to us today, too, as we give of ourselves to Him. How good the Lord is! #

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*Sometimes God works in mysterious ways to make His message known. Manny Bade, Makati chapter treasurer, recounts one such experience that taught him the real meaning of tithing, of giving all you have.*

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*Music is well said to be the speech of angels. -Carlyle*

# Fernando de Larrazabal: RETIRED But Never Tired of Serving the Lord



*Tito Larry with wife Olga flashes a wide smile during one of BCBP activities.*

*Tito Larry, a prominent BCBP figure, reveals that one's age does not matter in the Lord's service. Rather, as he aptly put it when interviewed by Nancy R. Catan: "It is the spiritual attitude of the heart that matters."*

**RETIREMENT IS DREADED** by many busy people, especially businessmen and professionals. Retirement is also the butt of jokes and a prime target for cartoonists. Psychologists and experts have hypothesized, proclaimed, and written about it.

But retirement has never really fazed Fernando de Larrazabal or Tito Larry as he is usually called, retired business executive and active director of the BCBP National Council. In fact, he says, retirement merely gave him the chance to do some things that he had always wanted to do — like travel abroad with his loving and supportive wife, Olga, without being forced to follow a schedule and be back by a certain date. "We really enjoyed ourselves and our freedom," he remembers.

What about boredom? "Yes, I experienced that, too. There was a time when I found myself with nothing to do except stare at the ceiling. I had been working since age 17 so to have no work that I had to do that day was a new experience for me."

After a time the Lord answered his prayers for something meaningful to do. He was invited to join the Brotherhood of Christian Businessmen and Professionals and got more and more involved in it as time passed.

"Actually," he relates, "I had been active for many years in the Cursillo Movement even going to foreign countries. I was also a member of another charismatic community. But I always felt that something somehow was missing. That something I found in the BCBP."

Tito Larry assisted Larry Gamboa during the BCBP's formative years and then served under Fr. Herb as the BCBP's Executive Director, holding this position for 6 or 7 years until the

National Council was formed. Presently he is a director on the Council and heads the Metro Manila/Luzon Chapter Heads Council.

"I see my role in the Chapter Heads Council as that of a bridge between the National Council and the chapters. And this is a two-way thing," he stresses. "I am the voice of the National Council to the chapters on one hand, and on the other hand, I am the ears of the chapters, listening to their concerns, which I then pass on to the National Council."

He has also organized a fraternal group among the chapter heads where they could meet without minutes being recorded or even remembered. He believes that this has improved the relationships between the chapter heads.

One of his most recent projects has been the launching of his book of short meditations entitled **Where Are My Hands and My Feet**. Initially, four and a half years ago, Tito Larry was asked to write a series of short one-minute meditations for Radio Mindanao Network by his friend Henry Canoy. These would be played during station breaks over RMN's 48 stations. Although he felt too inexperienced for such an undertaking, he began to feel that this would be an ideal opportunity to help many people in many places. So he accepted the challenge.

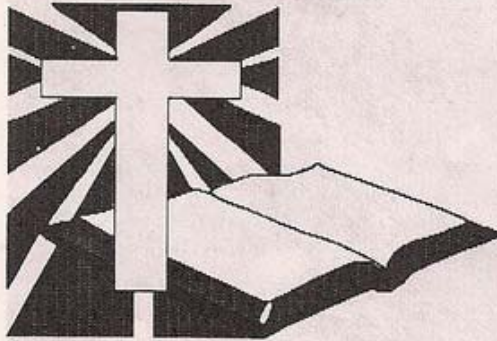
"One thing led to another. About a year ago, Henry asked me, 'Why not put these meditations into a book?' And that is what I did. People have said that it is a good book. So now I am busy writing another one."

Another good thing that has happened to him during his retirement is his involvement with the Parish Development Foundation and his working with the archdiocese of Manila in various projects.

When asked for his fearless forecast about the future of the BCBP, Tito Larry had this

*A candle loses none of its light by lighting another candle.*

*Bible Sharing*



# Legacy for Parents

Through the passage of the centuries, the art of Christian parenting seems have gotten side-tracked with the incursion of worldly values. Parents in the scriptures, particularly mothers, went through various troubling circumstances, but they rose above

their situations to leave us a precious legacy of honor and integrity. They teach us how to be, and how not to be, effective parents. A review of their legacy to us can help us put our own parenthood into proper perspective.

Who/Scripture References	Legacy	Application
<p>Eve Genesis 3, 4</p>	<p>Our choices greatly influence those who follow us.</p>	<p><i>Life involves a series of choices that can affect not only ourselves but our children and our children's children. Making the right decisions begins with hearing — and obeying — God's commands. Do I let the world — or God — influence my decisions?</i></p>
<p>Sarah Genesis 12, 15-17, 21</p>	<p>God often uses people closest to us to build up our faith in Him.</p>	<p><i>Sarah teaches us to love and trust God and to believe exactly what God says. She also teaches mothers how to submit to, respect and love their husbands. Do I believe that what the Lord says, He will do? How does my marriage relationship help build up my faith in God?</i></p>
<p>Jochabed Exodus 1:1-2:10</p>	<p>Parents can make things work when they allow God to turn their fears into opportunities for His glory.</p>	<p><i>Moses stands as a monument to his mother's courage against staggering opposition. Jochabed's dilemma seemed impossible, but with God's help, she solved it. We are subject to many fears as parents. Do we seek God's help in overcoming these fears?</i></p>
<p>Elizabeth Luke 1:5-25</p>	<p>There is no such thing as instant parenthood. Years of waiting may be required, but God faithfully rewards patience and perseverance in righteousness.</p>	<p><i>Elizabeth was greatly distressed because she was childless. But she persevered in living a godly life resting in His perfect plan. As a parent, how godly is my level of patience? Am I willing to wait patiently for God's own time and plan, or do I grumble along the way?</i></p>

- Adapted from *A Mother's Legacy* bible study by Jeanne Hendricks. NavPress, 1988.

**RETIRED... from p. 17**

to say: "I think we have reached a point where we have to decide to either change the membership [requirements and standards] or change the mission and vision of the BCBP. I feel that our members in general, although they are wonderful, committed working people, are not in positions of influence wherein they could make an impact on the marketplace. To fulfill the BCBP's mission and vision, we need people

in business who can influence other people and I feel that we don't have that right now. Yes, we do have a few but it is only a drop in the bucket."

He would like to see the BCBP reach out to more corporate leaders, heads of industry and professionals in strategic positions. These are the people that can really be change-agents in the business environment, who would have the necessary

clout to change value systems and business ethics for Christ, he believes.

His future retirement plans? "I would like nothing more than to lead an action group of newly graduated BCBP members. Their enthusiasm and joy in the Lord is so infectious that I'm sure the energy and inspiration I would receive from them would give me many more years of productive 'retirement' in the Lord's service." -NRC

*Vacation makes you feel good enough to go back to work and poor enough to make you have to.*

## Chapter Head Interview

In this interview, we introduce you to the chapter head of one of the newest BCBP chapters — Rizal Chapter, formerly Cainta Outreach. Romy, an architect and MBA holder, in this interview with Jess Sudiam, discusses things like “spiritual fertilizer” and the need to be “active contemplatives” in our walk with the Lord in the BCBP.

**“MY WALK WITH THE LORD** is like the Parable of the Sower. I may not yet be fertile soil for the seed of God’s Word but I try to make good use of “spiritual fertilizers” to improve the ground.”

Romy Tocjayao, BCBP Rizal chapter head, lists his favorite spiritual fertilizers as the sacraments, regular prayer time, scripture reading and the commitments contained in the BCBP member’s white commitment card. He believes that by just being faithful to “our white card commitments”, we can become the fertile, receptive soil that God wants us to be.

He ties this in with his desire to see the Rizal chapter members become active contemplatives. “I’d like to see a strengthened chapter providing the proper support environment for our members to reach that level of spiritual maturity that prepares them for service,” says Romy. “Then as they enter active service, they become active contemplatives.”

A licensed architect by profession affiliated with the United Architects of the Philippines and the holder of an MBA degree, Romy is presently engaged in architectural, engineering and construction consultancy services begun three years ago with a partner after they had availed of the early retirement program of Magnolia Corporation. This business exposure plus his previous trainings, constant interaction with other businessmen and friends provided him with the technical-managerial skills Romy brings to the Brotherhood.

However, it was some 25 years ago that his secular way of life was gently redirected toward the Lord. “My spiritual director and parish priest then provided me a living example — Christ was alive in him! He greatly influenced my life. I saw that living a Christian life was possible, he did it, and I could do it.”

But Romy feels that his intimate walk with the Lord really crystallized when he joined the Brotherhood. “I found spiritual nourishment in the BCBP and got involved in service.” Romy’s most recent assignments were as unit leader and outreach head of the Cainta outreach (now Rizal Chapter).

When asked what particular programs he would like to see put into place that would help strengthen the BCBP’s marketplace mission, Romy said, “I would like to see the BCBP making a public stand on moral and social issues. I would like to

# Romy Tocjayao:

# We Must Become Active Contemplatives



see more integration with the Church, especially at parish level.” He also feels that closer Partners In Mission linkages should be encouraged.

Romy is 25 years married to Thelma, full time mother, homemaker and “Romy-supporter”. They have four children — James, 25; Bernadette, 22; Paul, 19 and Sarah, 15. James is a computer science graduate, Bernadette is in her third year Law proper, Paul is in his third year Philosophy, and Sarah is a senior high school student.

In addition to BCBP responsibilities, Romy and Thelma are covenanted members of the Ang Ligaya ng Panginoon Community. - Jess Sudiam and Nancy Catan

*I am not afraid of tomorrow for I have seen yesterday and I love today. -Country Life*

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*The Sacrament of the Eucharist is a rite of food, instituted in the course of a meal by our Lord Jesus Christ. The kinds of nourishment we receive in this sacrament are discussed in this Back To Basics article by Nancy R. Catan.*

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**"BLESS US, O LORD,** and these your gifts which we are about to receive from your bounty, through Christ our Lord." With these familiar words, we begin our meals.

From earliest times, man has attributed to food a sacred value, a means of sustaining physical life through the generosity of a divinity. Food has played an important part in many legends and tales of different countries and peoples; even in the story of Adam and Eve, food — the apple — has a role.

Jesus spoke often of the importance of food. He multiplied the loaves and fishes, he ate meals with all kinds of people, he told parables and taught divine truths using food to illustrate his points.

Each time we participate in Holy Communion, Jesus continues to feed us. Some people may think that touching, hearing, and seeing Jesus sacramentally is not as good as touching Him physically as did the hemorrhaging woman (Mt. 9:20). I think receiving Jesus sacramentally is even better. It is an amazing privilege to be able to receive the body, blood, soul, and divinity of Jesus into our person, not only touching Him but having Him become part of our being in a very real way.

Additionally we receive the fruit of Divine Nourishment in this sacrament, thus feeding and enriching us in our spiritual growth and in our relationship with Jesus and with God. These divine fruit include intimate union with Christ, a cleansing from sin, a strengthening in love, unity with the Church, commitment to the poor, and a share in His glory.

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***Jesus spoke often about food.  
He continues to feed us in  
Holy Communion.***

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**Intimacy with Christ**

The new Catechism of the Catholic Church states that the principal fruit of receiving the Eucharist in Holy Communion is an intimate union with Christ Jesus (CCC 1391). Jesus in his Bread of Life discourse clearly says, "He who eats my flesh and drinks my blood abides in me, and I in him." (Jn 6:56)

As material food is to our bodily needs, Holy Communion is to our spiritual needs. Communion with Christ preserves, increases and renews the life of grace we received during our Baptism. Without such vital nourishment, our spiritual life will become anemic, sickly, and gradually wither and die.

**Act of Cleansing**

Usually we associate cleansing from sin with the sacrament of penance or reconciliation. And yet this important fruit of

cleansing is one that we experience in the Eucharist.

St. Ambrose taught: "For as often as we eat this bread and drink the cup, we proclaim the death of the Lord. If we proclaim the Lord's death, we proclaim the forgiveness of sins. If, as often as his blood is poured out, it is poured for the forgiveness of sins, I should always receive it, so that it may always forgive my sins. Because I always sin, I should always have a remedy." (CCC 1393)

The more we share in this intimate relationship with Christ, the more grace we receive. This grace not only helps cleanse us from past sins and wipes out venial sins but also helps preserve us from future mortal sins. As we grow closer to Jesus through this sacrament, the harder it becomes for us to offend Him and the more we grow to love Him.

Holy Communion does not, and should never, replace the Sacrament of Reconciliation and confession of our sins to the priest as Christ's designated representative. But certainly, it can help strengthen us on a day-to-day basis in our never-ending battle against sin.

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***Jesus' love warms  
and nourishes us. As long as  
we remain in His love,  
our love will become stronger  
and purer.***

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**Strengthening Our Love**

"Faith, hope, love remain, these three; but the greatest of these is love." (1 Cor. 13:13) We learn from St. Paul that even if we are skillful speakers, full of faith, willing to give away all we have — if we do not have love, then all these skills, faith and good intentions are empty. Love is what counts.

God commands us to love Him and to love our neighbors. Jesus' whole life and teachings are based on love. How can we develop this kind of inspired love? Through regular participation in the Eucharist.

I believe that it would be very difficult to build an intimate relationship with Jesus, with the Holy Spirit and with God the Father if we did not have the seeds of love in our heart. Perhaps these seeds of love are hidden in the beginning, but as we abide in Him and He in us, his Love warms us and nourishes these seeds. As long as we remain in his Love, our love will grow and strengthen, too.

**Unity with the Church**

It is through the Eucharist that Christ unites all the faithful

# The Sacrament of Nourishment

into one body — the Church. We are brought into the Church during Baptism, we are reaffirmed as members of the Church during our Confirmation. The Sacrament of the Eucharist takes us one step further — it renews, strengthens and deepens this integration into His Church.

What is the Church? The Church is defined as the “people of God.” If we look at the Spanish word for church “iglesia”, we can easily relate it to the Greek word — “ekklesia” — which means a “gathered people.”

Jesus gathered people about him during his earthly ministry as a shepherd gathers his flock around him. This flock became His Church. He continues to gather us, the faithful, around Him in Holy Communion, thus preserving and building further the unity of His Body. We pray for this unity among all Christians in the prayer of the faithful during the Liturgy of the Word as a preparation for the unity we experience in the Liturgy of the Eucharist.

## Commitment to the Poor

As we recognize Christ in this sacrament, we have to recognize every aspect of His life. We cannot accept only the parts of Jesus’ life that we like and ignore the rest. If we recognize Jesus as our Lord and Savior, we must also recognize the special feelings He had for the poor, the sick, the underprivileged, the outcasts.

One of the fruit that we receive in the Eucharist is an increase in our ability to love. And this love must widen its horizons to include those who are difficult to love, those who need most our love and those whom nobody else loves. Loving Jesus should lead us to a deeper commitment to love and care for those who are “poor” in love.

## Sharing in His Glory

In an ancient prayer the Church acclaims the mystery of the Eucharist: “O sacred banquet in which Christ is received as food, the memory of his Passion is renewed, the soul is filled with grace and a pledge of the life to come is given to us.” If by our communion at the altar we are filled “with every heavenly blessing and grace,” then the Eucharist is also an anticipation of the heavenly glory. (CCC 1402)

The Catechism of the Catholic Church closes its teachings on the Sacrament of the Eucharist with these words: Having passed from this world to the Father, Christ gives us in the Eucharist the pledge of glory with him. Participation in the Holy Sacrifice identifies us with his Heart, sustains our strength along the pilgrimage of this life, makes us long for eternal life and

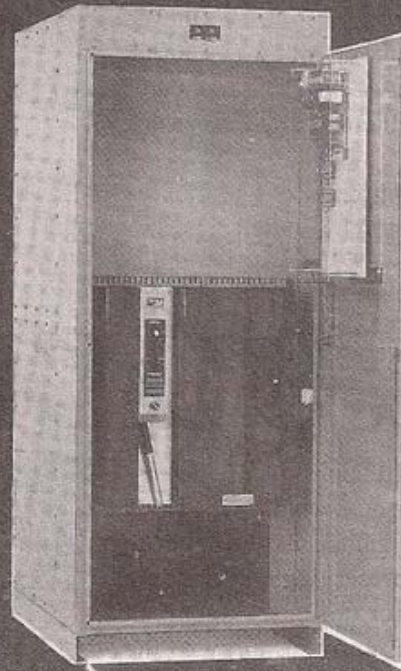


*St. Clement, Bishop of Ancyria (4th century), receives Holy Communion from our Lord while in prison awaiting martyrdom. St. Clement shared the Host and the contents of the chalice with the other Christians in his cell.*

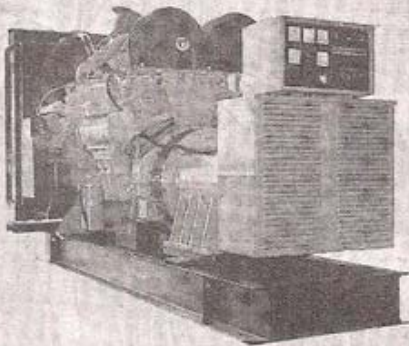
unites us even now to the Church in heaven, the Blessed Virgin Mary and all the saints. (CCC 1419) -Nancy R. Catan

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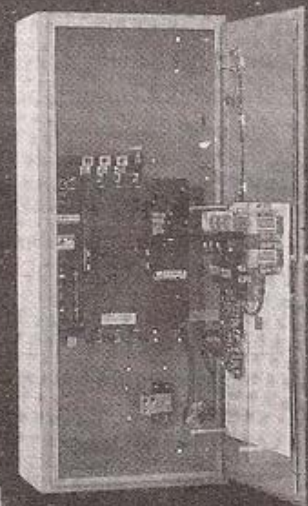
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## Strategic Planning Retreat set Sept. 1-3

The BCBP's National Council has called all chapter heads and mission directors to a Strategic Planning Retreat on September 1-3 at the Capuchin Retreat Center in Tagaytay to tackle the issues of "what do we mean by a BCBP culture", "call to evangelization", and "community support objectives".

The goals of the planning retreat are: (a). To achieve a heightened sense of the unique evangelistic mission and calling of the Lord for the BCBP; (b). To gain consensus and commitment behind the evangelistic objectives and thrusts that BCBP should adopt in order to be true to its mission and vision; and, (c). To tune up the National Council and Governance so that everyone is fit for the fight.

The group is expected to define the culture and daily life (private and public) ideals of a BCBP member, the essentials for membership into the BCBP, and to set out in some detail common practices that will be adopted throughout the BCBP.

"We hope to be able to reach a decision on what constitutes 'impact in the marketplace' and what 'bringing Christ into the marketplace' really involves for the BCBP members," said Manny Banigan, BCBP President, in a telephone interview. "We also expect to come up with a challenging but attainable set of goals for the next 12 months for all the chapters," he continued.

In consultation with the four conference/retreat facilitators - Rolly Aberion and Eddie Mendoza from Greenhills chapter; Boy Javier and Milton Mendoza of Parañaque chapter - the National Council would want that the retreat should also be an occasion for the chapter heads, mission directors and the council to nurture each one's personal relationship with the Lord. It should also provide moments for reflection on what exactly is the meaning of God's message and calling for the leadership and the BCBP in general.



*Sammy Ulanday, National Secretariat's new O.I.C.*



*Willi Guzman, BCBP's former Secretary General*

## We Wish You Godspeed, Willi

National Council President Manny Banigan on behalf of the National Council and BCBP members nationwide expressed heartfelt thanks and Godspeed to Willi Guzman who moved to a corporate executive position on August 1, 1995. Willi served as the BCBP's competent Secretary General since the National Secretariat of the Brotherhood was set up three years ago.

As he was leaving Willi commented, "Indeed doing the job assigned to me by the Lord has been very satisfying. I must admit, that despite some difficulties,

disappointments, heartaches and humbling experiences, I found the job very enjoyable and very fulfilling."

"The BCBP has been very good to me and has come to my succor when I needed it most, an answer to my prayer. I will continue to support and help the BCBP in whatever way I can," he pledged.

The National Council has designated Sammy Ulanday, KAPATIRAN's business manager, as the Secretariat's O.I.C. until such time a full-time Secretary General is appointed.

## Scripture Ventures '95

Scripture Ventures '95, a live-in Bible institute participated in by lay and religious leaders from all over Asia, will take place at the Mirador Jesuit Villa in Baguio City from October 26-November 21, 1995. The courses are given under the auspices of the Institute for Pastoral Development (IPD), a lay-based organization whose mission is to train and empower the laity and trainers of the laity.

Courses offered from October 26-November 3 are: Building Christian Community, Joy of Discovery in Bible Study. Available Nov. 4-12 are Gospel Sharing Workshop I, and Joy of Discovery — John. The courses Gospel Sharing Workshop II,

Joy of Discovery — Teachers Training Course, and Steward Leadership for a Participative Church are offered November 12-21.

BCBP members available during these dates are encouraged to attend.

Each participant may enroll in from one to three courses. The experience is "live-in". Board and lodging and seminar fees amount to P6,000/course. Enroll with:

The Institute for Pastoral Development  
300 P. Guevara St., San Juan  
1500 Metro Manila  
tel. no. (632) 772915, fax no. (632) 793508.

## MACTAN



The BCBP Mactan outreach launched their men's breakfast on July 1, 1995 at Mactan Air Base with Casi Nadela as the first sharer. The breakfast was coordinated by Leo Limgenco and Col. Boy Lopez.

The venue for the regular joint breakfast of the Mactan outreach held every 2nd and 4th Saturday is now at the Sunburst Restaurant, Lapu-Lapu.

## 28 Couples attend BCMR 2

Twenty-eight couples participated in BCBP Mactan's Brotherhood Christian Marriage Retreat (BCMR) held on July 28, 29 and 30 at the Holy Family Retreat House

in Cebu City.

Course leaders were Nelson and Baby Dauz; Orly and Sarah Manuel assisted them as chief servants.

## ILOILO

## BCBP Iloilo to become a chapter

### BCLP 7 is underway

The governance team has designated Doy Andrada as the over-all coordinator to prepare and plan for the installation of the Iloilo outreach as a BCBP chapter. The celebration will coincide with the outreach's 4th anniversary and the VISMIN conference to be hosted by BCBP Iloilo. Tentative date set is October 21, 1995.

Iloilo outreach's BCLP 7 got underway on Sunday, July 16, at 1:00 p.m. at the Amigo Terrace Hotel with the orientation session given by course leader Badal Trompeta. Kit Española is his assistant course leader.

The service team is headed by Joe Lozada as servant leader. Committee heads

are Registration: Ed/Tims Laczi, Snacks: Lily dela Cruz, Music: Rex/Gemina Ojacastrro, Physical Arrangements: Kit/Ching Espanola, Hosting and Transportation: Bernan/Ellen Certeza, Sounds and Documentation: Roger/Lolit Dula, Love Offerings: Jimmy/Monina Ascalon, Greeters and Food Servers: Alex/Dhel Amistoso, Prayer Warriors: Enri/Nenita Escalambre.

Members of the outreach serving as discussion group leaders are Digol/Zaida Palmares, Mark/Anne Salvador, Tony/Charit Villanueva, Manny/Au Tingson, Pons/Nena Teruel, Manny/Maret Garnica, Snooks/Luring Zapanta, Frank/Thess Ledesma, Mario Salazar, & Linda Ocampo.

## CEBU

## 15th Anniversary Committees

The Cebu Steering Committee sent this list late so we were not able to include it in the July KAPATIRAN. We are printing it in this issue in appreciation for the very successful 15th Anniversary Celebration and for record purposes.

**Steering Committee:** Sadi Saguisag, Larry Veloso, Ed Lising, Danny Kho, Rene Almendras, Casi Nadela and Raymund Kokseng  
**Accommodations:** Ed Banang, Boy Urgello and Hannah Alcoseba

**Transportation & Welcome:** Lloyd & Myran Limbaga, Tito Nemenzo, Kit Garcia, Tommy Alonso, Jona Borromeo, Nelson Dave, Vic & Gemma Karganilla, Elmo Siap

**Secretariat:** Jeff Villa, Nap Polotan, Jojo Kho, Raul Hernandez, Jimmy Escano

**Promotions & Documentation:** Romy Maraya, Lemuel Arogante

**Food & Beverages:** Rene & Marite Congmon, Mayi Villa

**Physical Arrangements (c/o Mactan Outreach):** Girlie Maraya-Ang, Hector & Edna Tina, Arlene Nicolas, Doris Oliva

**Sports:** Rolly Villa, Boy Villanueva, Loloy Atega, Ed & Bebe Banang, Raul Hernan

**Sounds & Lights:** Rene Congmon, Aldo Buenconsejo  
**Souvenir Items:** Ester Saguisag, Ester Lising, Gerry Maraya

**Prayer Assembly:** Prayer Leader - Rene Almendras; Discerners - Mari & Chichi Martinez, Willy & Pilar Puno, Jaime & Malou Gallego

**Joint Breakfast:** Emcees - Bobby Lloren & Dolly Suzara; Sharers - Fabs Gorospe (Cagayan de Oro), Peter Dejaresco (Tagbilaran), Ray Garcia (Bacolod)

**Conference:** Speaker - Fr. James Reuter; Emcee - Padma Siap

**Thanksgiving Mass:** Main Celebrant & Homilist - Msgr. Achilis Dakay; Co-Celebrants - Fr. Gerry Delos Reyes (Tacloban) and Fr. Dominic (Cebu); Commentator - Sadi Saguisag; Lectors - Sadi Saguisag and Josie Sala; Offertory Procession - Noling/Deling Cordeta (Tacloban), Steven/Nely Lim (Tagbilaran), Ray/Ludy Garcia (Bacolod), Gau/Lori Arancillo (Iloilo), Tony/Betty Garcia (Davao), Joe/Hedy Coruna (Cagayan de Oro), Bebing/Flor Yanez (Iligan), Rey/Joy Tan (Maasin); Lay Ministers - Joni Cimafranca, Romy Estilloro

**Presentations:** Emcees - Eli Trinidad, Rosemarie Holganza-Borromeo; Presentors - Lingkod Ng Panginoon Cebu Chapter, Metro Manila, Bacolod, Iloilo, Maasin, Cagayan de Oro, Iligan, Tagbilaran and Tacloban

**Golf Tournament:** Champion - Jun Bantug (Bacolod); Runner-up - Pepot Fortich (Cagayan de Oro)

**Bowling Tournament:** Men's Team Champion - Mactan; Ladies Team Champion - Makati; Best Bowler - Beth Ginete (Makati)

## New governance team announced

The Cagayan de Oro chapter under the headship of its new chapter head Joe "Peping" Coruna announced its new governance team effective May 1995.

Tito Mora serves as mission head with Jong Tiro as assistant mission head. Chapter life head is Jess Paras, worship head is Pepot Fortich, service head is Wewel Sison. Ed Abastas continues as breakfast head. Onard Salva is the chapter's treasurer. Former chapter head Ed Canlas takes on new responsibilities as the VISMIN outreach coordinator. Cagayan de Oro chapter alone has three outreaches — Iligan, Davao and Valencia, Bukidnon.

BCBP Cagayan de Oro's 319 members are divided into 5 units with a total of 23 action groups. They have conducted 7 Christian Life Programs (BCLPs) and 3 Christian Marriage Retreats (BCMRs). BCLP 8 is ongoing.

## Breakfast launched in Bukidnon



The traditional BCBP breakfast meeting was formally launched in the mountainous town of Valencia, Bukidnon on July 15, 1995. Valencia is some 135 kms. away from Cagayan de Oro where the sponsoring chapter is. The ballroom of the Tayan Hotel and Restaurant was filled with breakfast goers from Valencia and nearby Malaybalay.

76 brothers and sisters from BCBP Cagayan de Oro chapter made the 2-hour dawn trek over the mountains to Valencia to support the new breakfast. Sharer Louie

Morales came all the way from Manila for the occasion. A delegation from BCBP Cebu included Sadi Saguisag, Jeff Villa, Romy Maraya, Ed Lising and Nap Polotan. Other brothers from Iligan and Davao outreaches also attended.

Kudos to our brothers who made this first Valencia breakfast a success: Joe Coruña, BCBP Cagayan de Oro chapter head, and Tito Mora, mission head, who was assisted by Jong Tiro, Pepot Fortich, Dito dela Serna, Louie Jully, Al Jesta.

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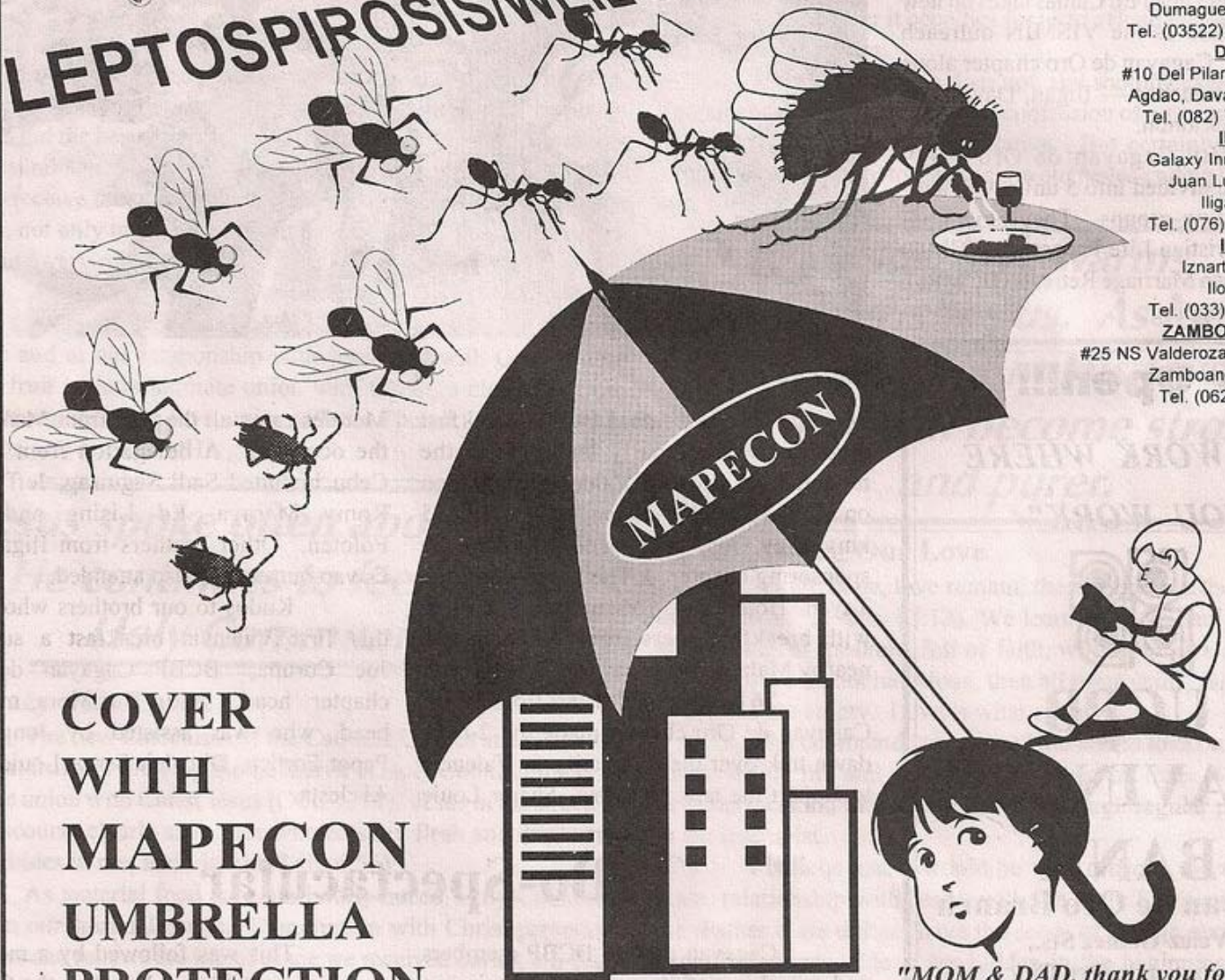
## Bo-Spectacular

Cagayan de Oro BCBP members and members of its partners in mission (PIM) attended an evening worship and teaching assembly on June 28, 1995, with the young charismatic leader Bo Sanchez. Venue was the Lourdes College Auditorium that was filled with the spirited, enthusiastic crowd.

This was followed by a morning worship assembly on July 1 at the Corpus Christi School auditorium, also with Bo Sanchez leading the praise and worship. He talked on the greatness of God's love for each one of us and about how the Lord calls us to share in His love.

# WHEN IT RAINS, IT POURS!

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DIARRHEA  
CHOLERA  
HEPATITIS  
DYSENTERY  
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TYPHOID FEVER  
YELLOW FEVER  
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LEPTOSPIROSIS/WEIL'S DISEASE



**COVER  
WITH  
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## DAVAO

### New governance team announced

#### *New sked out*

With the completion of BCLP 4, the Davao outreach now has 8 action groups with 122 regular members. To better serve the members, outreach head Tony Garcia recently announced these appointments to the governance team:

Secretary and Unit Head - Manny/Ging Gaane; Treasurer - Ding/Ampy Canavee. Unit Head - Orly/Belen Ramos; Breakfast Head - Wally/Tinet Tapia, Music Ministry Head - Boy Elma; Life Director - Remy/Neneng Gabuya.

The eight action group leaders are Romy/Cora Arancon, Lito/Susan Ybanez, Noli/Cherry Napala, Tony/Lorna Tagabucba, Rey/Chato Aranda, Rocky/Sally Malaki, Hansel/Nilda Magno. The governance team action group is led by Tony/Betty Garcia.

**Breakfasts:** Every 2nd and 4th Sats at Terraza Millesa, Anda St., Davao City. **Prayer Assembly:** Every 1st Weds at the PICPA House. **Teaching Night:** Every 3rd Weds at the PICPA House.

### BCLP 4 features own speakers

BCBP Davao bore its own fruits when members became speakers and breakfast main sharers for its recently concluded BCLP 4. Thirty-six course participants signed their commitment cards during lively ceremonies last June 3, 1995, at the Ateneo High School Covered Court. Course leader was Manny Gaane.

BCLP speakers from the outreach included Manny Gaane, Jimmy Quitain, Ben

Bunagan, Romy Arancon, Elvie Du, Uly Lopez, Rey/Chato Aranda, Orly Ramos, Romy Du, Remy Gabuya for the BCLP proper and Rocky Malaki, Menchie Avancena, Tony Garcia and Wally Tapia for the Culture Series.

Breakfast sharers from the outreach were Orly/Belen Ramos, Romy/Elvie Du, Rod/Tes Llacer, Remy/Neneng Gabuya, Rey/Chato Aranda and Jimmy/Baby Quitain.

## BACOLOD

### Not just another BCMR

July 30, 1995 saw 33 couples recommitting their marriages and families to the Lord — 24 from Bacolod, 3 from the Victorias BEP and 6 from the Silay BEP. For all of these couples, the recommitment this time was with the full knowledge and appreciation of God's plan and God's love for their families and marriages. As with all BCMR's this class had its own share of little miracles and surprises, but there was really more to this BCMR!

"It was a total faith and growth experience," commented one participant.

The "x-factor" was PRAYER — prevailing individual and community prayer that maintained a constant and unified link with the Lord throughout the entire undertaking beginning in May during the preparation period. Participants whom God was yet to send, though nameless at that point, already were prayed for.

Nine days before the BCMR weekend, a novena mass and prayer series began. This was capped by an empowerment session for all the servants.

During the weekend itself, each concern that came up got lifted to the Lord in prayer. Consequently all problems, big and small, were solved swiftly, including intermittent brown-outs which threatened to disrupt the proceedings. The entire community supported the BCMR with a round-the-clock prayer vigil.

The BCMR ended with everyone getting a glimpse of the jewels which adorn the crown of the glory of the Lord. The jewels, this time, came in the form of the sparkling eyes, the soaring spirits and the heavenly smiles of the participants as they went home.

Bacolod's BCMR 6 had Sar and Cynthia Regino as head couple and Alex and Eloise Espiritu as retreat masters. It was held at Balay Kalinungan in Bacolod City. *-Marissa M. Corral*

*The 33 couples who participated in Bacolod's BCMR 6.*



*In a man's letters his soul lies naked. -Samuel Johnson*

## LAS PIÑAS

## Tribute

## Dr. Rod Boquiren:

## A Man For Others

Rey Feria, Las Pinas Chapter

Friday, February 17, 1995,

8:00 p.m. — He stood before the chapter assembly and shared how he had led some relatives at a wake to pray the rosary rather than just play cards. Then he stated: "I believe the Lord is beginning to use me to lead his people. I won't be surprised if He calls me for more assignments."

At that time he was an action group leader. Before the assembly was over, the announcement came: "We are happy to inform you that the chapter governance has appointed a new unit leader — Rod Boquiren." And Rod commented: "Ang bilis naman mag-respond ni Lord!"

**Sunday, March 12, 1995** — A mercy mission traveled from the Las Pinas chapter's prayerhouse to Castillejos, Zambales to the native Aetas dislocated by the Pinatubo eruption. The trip was not only spirit-filled but also food-filled. (Rod simply loved to eat!) At each point in our journey, Rod found food and shared what he

found with everyone else. There was the hearty breakfast at North Diversion, boiled corn in Bataan and "mestizong singkamas" in Castillejos.

At the Gala Resettlement Area in Sakatihan, Subic, Zambales, run by the sisters of the Foundation of Our Lady of Peace Mission, we unloaded a vanful of clothes, shoes, bags, toys, and medicines for the 100 families settled in the area. And yes! We also unloaded Rod and Norma Boquiren who were to be our greatest gifts.

They attended to the old, the young, people with heart conditions, malnutrition, hepatitis, and many other illnesses from morning until about 2:00 p.m. Then after a sumptuous late roadside lunch we started back for Manila, again stopping for snacks along the way.

**Saturday, March 18** — It was the day of a special joint breakfast to help in the recruitment efforts for the forthcoming BCLP of the Las Pinas Chapter. Near the end of the breakfast, a note was passed to the emcee requesting for prayers for Rod



Boquiren who was to be confined after the breakfast. Rod was there, seemingly strong as ever. Nothing seemed to be wrong, except for a slight facial twitching. We all gathered to pray over him.

**Sunday, March 19** — The chapter had its scheduled Lenten recollection with Fr. Francis Gustilo. The absence of the Boquirens was very obvious. By lunch time we learned that Rod had a tumor in his brain.

**Monday, March 20** — Rod was taken to Makati Medical for an MRI. Findings: the brain mass was extremely malignant. An operation was scheduled for March 25. His hospital room was constantly filled with well-wishers who showered him with prayers. Rod made certain to be reconciled with everyone — seeking and giving forgiveness to everyone he could remember.

**Saturday, March 25** — The 7-hour operation took place at the Cardinal Santos Memorial Hospital. BCBP sisters stayed with Norma to provide support in whatever way. Brothers with the same blood type went to the hospital for blood screening. The chapter held a prayer vigil at the chapter's prayerhouse.

After the operation the word came: "Rod has moved his feet to show he's OK. And he even gave everyone the 'thumbs up' sign from his room at the intensive care unit."

**Thursday, March 30** — Rod continued to communicate with his visitors through facial gestures and pressing of the hands. He seemed to be on the way to full recovery, although his surgeon advised continuing prayers.

**Sunday, April 2** — Upon learning of Rod's weakening condition, the governance families went straight from their Family Encounter Weekend to Rod's side to take turns praying over him.

**Tuesday, April 4, 4:40 a.m.** — The phone rang — Rod had gone back to his eternal home that morning at 2:45 a.m. Rod Boquiren — a man for others who had the strength and capacity to serve and serve straight from the heart. The Lord answered Rod's earlier discernment. God called him home for his eternal assignment, service in His Kingdom.

Those whose lives you touched, Rod, will surely miss you. Godspeed!



Rest in Peace

The late "Doc" Rod Boquiren, BCBP Las Piñas member, on a medical mission to the Aetas of Gala Resettlement area, Zambales, March 12, 1995, only a week before he was hospitalized. "Doc" was called to our Lord's Kingdom April 4, 1995.

## LEGASPI

## First anniversary

The Legaspi Outreach celebrated their first anniversary as a BCBP outreach on June 24, 1995. Manny Banigan, National Council president, and Jess Manalo of the Makati chapter who spearheaded the formation of the outreach, headed the delegation that attended the spirit-filled celebration. Msgr. Salazar, parish priest of Albay District, Legaspi City, presided at the Holy Mass that began the celebration.

## SEEING THE LORD IN ACTION

Manny R. Arcilla, Greenhills Chapter

During the first action group meeting for this year, I was feeling incomplete. I remember telling my AGL (Roy Siojo) how I wanted to have more time for my family and more time to serve our Lord. Before our meeting was over Roy suggested to me to try conducting a corporate LSS in my workplace.

This suggestion stuck in my mind until sometime in March I found myself proposing the matter to Mission Director Danny Lazo. Immediately I realized two problems: how to convince the Taiwanese owners who are Buddhists and how to get at least 35 participants.

Prayers produced the solutions! The owners agreed to the seminar and even took care of the food requirements. Signed-in participants were overflowing at 71 employees.

Thus, last April 28-30 the Life in the Spirit Seminar, in coordination with the Workers of Christ, was conducted at the Reliance Tong Fang Ceramics Corp., an export-oriented factory located in Cainta, Rizal. It was headed by Pyth Brion. 53 employees completed the course.

Problems — like a defective air conditioning unit — were overcome through prayers and the Lord's help. Even the 25 gift tokens prepared by the company for the service team turned out to be exactly enough.

Truly the Lord will be with you always, if you do His will.

## RIZAL



Rizal Family Day games

## 270 attend Family Day

The first Family Day of the Rizal Chapter was deemed a success by Noel dela Paz, the chapter's life ministry head, as he thanked the body for their record attendance of 270 at the end of the June 11 affair. The festivities were held at Assumption Antipolo.

The day began at 7:30 with a mass. Games and a program for all ages was emceed by Rhanee and Bel Reyes who also headed the program committee. In between

the numbers, members and their families were introduced to all. The final game of the day turned out to be who could name the most people.

Lunch was buffet style with everyone pooling their packed lunches, sharing with one another and sharing recipes. A human bingo game followed. The music ministry then sang the final song aptly entitled, "If We Hold On Together".

## GREENHILLS

## Music Ministry reorganized

Chapter head Manolet Siojo has named Ben Aganon as the new director of the music ministry.

As an initial activity, Ben organized a recollection-assembly of music min-

istry members and would-be members on August 26. Plans are also underway for a music workshop for September. The Rizal chapter music ministry is also invited to attend these meetings.

**ALABANG**

**Alabang leadership changes 2nd Semester 1995 Plans**

Chapter head Charlie Carballo recently announced the following changes in key governance team positions: Ed Adriano as mission head; Teks Espiritu as chapter life head; Manny Jimenez as treasurer; Richard Uy as secretariat; Johnny Borra as family life director.

Serge dela Fuente will handle the youth and young adults program while Bert Bugayong will take care of the children's formation activities.

Coordinator for the Dutch Boy activities and culture talks is Ernie Cardema.

- BCLP. Sept 2 - Nov. 25, 1995. Course leader: Benru Macairap.

- BCMR. November. Course leader: Danny Perez.

- Family Encounter #1. December 1, 2, 3. Course leader: Manny Jimenez.

*The Alabang Chapter governance team (below) led by Charlie Carballo as head.*



**MAKATI**

**BCLP 24 begun**

The 24th Brotherhood Christian Life Program of the Makati chapter held its first session on Thursday, August 17, at a new venue, the Santuario de San Antonio Parish Center, Forbes Park.

The series continues every Thursday evening with two talks per session, thus taking only 7 to 8 weeks rather than the usual 13 weeks, to accommodate the busy schedules of Christian businessmen.

Rico Santos, Nelson Salvador and Danny Silbor are serving as the course leader, assistant course leader and head servant respectively.

**Breakfast news**

Joey Avellana is now the regular emcee of the Makati men's breakfast held every Wednesday at the Makati Sports Club in Salcedo Village. Joey typifies the Christian businessman who finds time to serve the Lord despite his busy schedule as president of Avellana and Associates, one of the country's top ad agencies. Joey is a graduate of BCLP 22.

Teresa Limcaoco is the new ladies' breakfast service head. This new call to service comes at the right time as Teresa has just resigned from the Australian Embassy. She is a graduate of BCLP 14; her husband Litong took BCLP 8. Teresa takes over from Beth Ginete who is now actively supporting her husband Jun as Makati's chapter life director.

**Teens graduate from PALS**

The children of several BCBP Makati couples — the Resurrecions, Borbons, Santos' and Gonzales — were baptized in the Holy Spirit during the culmination of their PALS CLP on July 29, 1995.

A rainy but heartwarming reception followed at the residence of Omy and Rosanne Romero in Forbes Park. The evening ended with the parents of the teenagers from the different chapters rendering song numbers and expressing their happiness for their children who were beginning their renewed life in Christ.

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## 12 couples accept BCBP covenant

Twelve couples committed themselves to be regular members of the BCBP on August 19 at the Institute of Social Order of the Ateneo University as they completed BCLP 24.

The new QC members took the course under the leadership of Gil/Edith Beltran as course director. Jojo/Weng Odina were assistant course leaders with Benji and Edna dela Paz as servant couple.

### Sharing

## How the lowly "tabo" made us better stewards

Ver C. Sagun, Quezon City Chapter

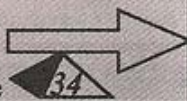
**THE DIPPER**, or what is locally known as the **tabo**, is one of the things that we hardly notice inside our bathroom. In fact, we only notice or feel the need for it when we have to get water from a pail.

Without a shower or a tub in your bathroom, tell me how would you take a bath without a **tabo** in your pail of water?

Lowly it may seem but I'm writing about the **tabo** to share with you how it put order into my household.

It all started during our 3-day Brotherhood Christian Marriage Retreat in September 1994 at the Maryhill Retreat Center in Taytay, Rizal. My wife and I occupied one of the rooms without individual bathroom. Just like in dormitories, men and ladies have to share a common bathroom and comfort room — one for the men, another for the ladies.

On our first morning in the Center, I had a mild shock when I went to the bathroom and discovered that all the plastic **tabo** there were almost the size



Roy and Janet Calleja, Q.C. chapter head couple, take time out with other BCBP members for a picture during their visit to Palawan last May for the installation of Puerto Princesa outreach as a chapter.

## QC members display talents in Sabado Night bash

After a series of teachings during the months of June and July, the chapter had a "Sabado Night" fellowship cum talent show on July 29 at the Institute of Social Order of Ateneo University in Katipunan, Quezon City.

Vic and Lita de Veyra rendered a song; the action group of Oscar and Mila Balaoing performed a song and dance number, while the unit group of Noli and Bong Tiongson presented a skit.

But it was not purely a night of entertainment since the chapter, through the mime act of Emil Morales, was able to raise P1,200 for the chapel of Camp Allen in Baguio City. Emil offered to pay P500 for anybody who could guess who/what he was acting out. And in exchange, those who guessed and failed, paid P100. Emil forked over P500 while seven members paid P100 each, with the P1,200 proceeds going for the Camp Allen Chapel.

## 21 couples in joint BCMR

Quezon City chapter sponsored the BCMR for 21 couples from Dagupan and QC chapters and the Baguio outreach from July 12-23 at the Betania Retreat House in Baguio City.

Four couples from Quezon City, eight from Dagupan and nine from Baguio renewed their wedding vows with Fr. Jun Castaneda officiating.

Noli and Bong Tiongson were the course director, assisted by Jojo and Weng Odina, Boy and Cora Bautista, Rocel and Meng Cahilig, and Raffy and Yolly Gonzales.

All the speakers — Roy/Jeanette Calleja, Vic/Claire Fernandez, Louie/Arlene Chanco, and Cenen Sambalido — were from the Quezon City chapter.

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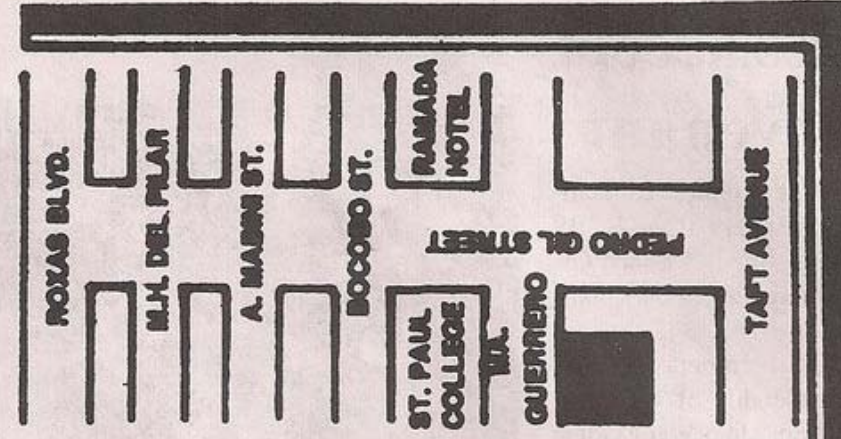
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## Sharing

# My Joy in the Lord

Marilyn Turalde, La Naval Outreach

**BEING MARRIED** to a military pilot — a combat pilot, at that — has brought me a lot of mixed feelings — happiness, excitement, anxiety, fear, frustrations, anger, etc. The prestige attached to it cannot surpass the difficulties as I meet problems running our home as a combined father and mother, especially when my husband is on deployment for two or three months. Even more so when that deployment is extended ... ahh ... that is the most irritable part, waiting, agonizing...for how can I do everything to keep our home running smoothly with love, joy, keeping harmonious relationships with our children and maids when I am not sure of my husband's return? This is one reality most military wives experience. And I am no exception!

But gone now are those uneasy, irritable feelings of several years back. As I reflect, those were part of my fight with the trials and challenges of being human under pressure. I would never have thought that I could feel this contentment and peace that I have now even if my husband is exposed to danger while flying or if he is away on a mission.

So what's the big secret? Being with the Lord always...

I cannot also imagine that it is in Sangley, a military base, that we were able to renew ourselves as Christians and become active disciples of Jesus Christ.

We attended the Christian Life Program of the BCBP way back in 1991 through the "invitation" of my husband's



*The Turaldes: William, Marilyn and Christian*

commanding officer, Col. Rick Abad. From then on life has been definitely more meaningful.

We have been able to nurture our spiritual life, serve in the parish church, and function to the fullest as its members. My husband became a lay minister and guitarist in the church choir; both of us serve as commentators and lectors. In the BCBP we enjoy whatever service we do, whether in the music ministry, as discussion group leaders, as worship leaders, as action group members.

Another angle of being an air force wife is that we are supposed to be supportive, committed, dedicated in every way possible not only to our husband's career but also to his other activities, including his spiritual life.

This is where the BCBP has helped me a lot. Actually it has helped both William, my husband, and me. Special mention goes to the BCMR, Brotherhood Christian Marriage Retreat. This was a very wonderful and enlightening experience that helped me be a stable and better wife, mother, daughter and career woman even under pressure.

## LA NAVAL

## Outreach announces new governance team

La Naval outreach head Zotico Rex recently announced the reorganization of the governance team. "This is in line with the outreach's plans to reactivate members who have not been attending regularly and to expand the outreach's activities outside the navy and air force bases."

Roy Deveraturda is the mission head for the bases, while Tony Ylanan will handle mission activities outside the bases. Chapter life director is Ferdie Dimawala; the secretariat is headed by Bernie and Beth Bautista. Outreach treasurer is Emma Banico.

Head of the teaching and formation ministry are Dioko and Cynthia Matas. The service team is under Raffy Bolivar; Wil Agudelo is the new luncheon head. The music and worship ministries are under the direction of William and Marilyn Turalde. Daisy Fernandez leads the intercessory prayer team.

The outreach has three units under unit leaders Rod/Emma Banico assisted by Raffy/Sally Bolivar, Max/Ellen Estinoso assisted by Dong/Claire Ordonez, and Dioko/Cynthia Matas assisted by Ferdie/Del Dimawala.

Action group leaders include Ferdie/Del Dimawala, Wil/Nene Agudelo, Cesar/Joy Taccad, Rod/Emma Banico/Tony/Bel Ylanan, Jess/Mely Mendoza, Max/Ellen Estinoso, and Roger/Baby Tabermio. They are assisted by Noni/Tita Taraya, Bernie/Beth Bautista, William/Marilyn Turalde, Carmen Orio, Dong and Claire Ordonez.

And so I praise the Lord for all these opportunities given to us. It is such a great joy to be with the Lord at all times. And I want to share this joy with others. That is one reason for writing this short sharing — to tell everyone that the joy of the Lord is now my strength!

# WELCOME

## BCLP 23 Greenhills April-June 1995

Agustin, Jun/Monique  
Alejandrino, Charlie/Yolly  
Antonio, Baby  
Bautista, Boy/Inday  
Bertol, Joemar/Rogie  
Chua, Boy/Lina  
de Guzman, Ricky  
de Leon, Lix/Terry  
Diaz, Tony/Ruth  
Hermosa, Bobby/Linda  
Lim, Harry/Ruth  
Mohal, Alex/Sol  
Orense, Buy/Marlene  
Padilla, Rudy/Menchu  
Romualdo, Tommy/Via  
Rodriguez, Medy  
Salcedo, Art/Emilie  
Samson, Syvel/Anna  
San Juan, Joel/Dingding  
Santos, Elva  
Segovia, Bob/Grace  
Sia, Beng San  
Tuble, Mel/Peachy  
Vicente, Seli/Raquel

## BCLP 4 Iligan Outreach May-July 1995

Ajoc, Ding/Dzoy  
Alcantara, Inday  
Alemania, Dodong/Madel  
Andres, Sonny/Naty  
Angeles, Boy  
Augusto, Jun/Dottie  
Babiera, Ner/Eva  
Bacani, Jojo/Boots  
Baja, Rey  
Balan, Toting/Gingging  
Balasabas, Jun-B/Juvy  
Barbosa, Loloy/Nila  
Benitez, Cres/Jhette  
Blanco, Jun  
Cayson, Jun  
Chua, Chris/Dennie  
Cruz, Steve/Malou  
Duenas, Reden/Nimfa  
Durias, Dulce  
Espenido, Tibong/Vising  
Galinato, Noel/Remy  
Genio, Mar  
Gianan, Clar  
Iglupas, Jun/Baby

Intong, Ed/Malou  
Isidro, Grace  
Jabagat, Jess/Nene  
Jaro, Rose  
Juson, Julius  
Koppin, Jack/Nery  
Lluch, Ladi/Lyn  
Mara-Mara, Boboy/Sol  
Monsada, Fred  
Napolos, Percy  
Obach, Joey/Lyn  
Palomares, Fay  
Parangan, Undo  
Pates, Leo/Lou  
Quioco, Cris  
Quioco, Ed  
Rejas, Vic/Lingling  
Rubio, Nars/Mellie  
Te, Maning/Jeanne  
Ticao, Diosing/Terry  
Torejon, Pete/Beth  
Villanueva, Evelyn  
Yu, James

## BCLP 2 Legaspi Outreach

Abogado, Thelma  
Adoremos, Lydia  
Alegre, Dina  
Alibin, Jayne  
Altea, Cesar/Zially  
Aynera, Sammy  
Delgado, Cesar  
Doro, Bert  
Esguerra, Myrna  
Imperial, Liling  
Manuel, Rey  
Mirabona, Glo  
Moral, Emong  
Navera, Cora  
Pilapil, Jimmy  
Rey, Gracita  
Robles, Cookie/Marissa  
Salazar, Ely/Tety  
Saludez, Jesse  
Seville, Jun/Margie  
Siapno, Fedy  
Vidal, Nomer



Congratulations to BCBP Makati members Rex Resurrecion, Tony Borbon and Lino Mejorada for finishing the CLAYE (Christian Lay Evangelization) Program at the Sun Valley Parish last August 5, 1995.

### HOW THE LOWLY.. from p. 35

of an extra-large cup or about pint sized. How I missed our half-a-gallon-size **tabo** at home when I had my first few dips from the plastic drum of water. My wife reported that the ladies' **tabo** was the same small size.

Initially taking a bath at the Center was an arduous exercise. But I did not complain, thinking that it was part of our learning experience in our BCMR. By our second day, I realized that the choice of the **tabo** was deliberate to avoid water wastage. Water conservation here was a must since the Center was situated on top of a hill.

While taking a bath on our last day, I found out that removing the soap from my

body with a pint-size **tabo** is no different from using a bigger one, except that with the latter more water is consumed. And then I realized that we could save a big volume of water at home by using a smaller dipper.

Back home I immediately changed our **tabo** with a smaller one, but not quite as small as the pint-sized dipper in the Maryhill Retreat House. Until now we are forced to conserve water through the simple use of our smaller **tabo**.

Isn't it rather funny that sometimes we become better stewards of God's resources through seemingly inconsequential things? Our BCMR was indeed a learning experience.

*Chapter Head Interview*

# Rey Feria: We Have A Stake In One Another's Welfare

*Nick Calpo, Las Piñas Chapter*



*Rey Feria, newly appointed chapter head of the Las Piñas Chapter, shares with us his vision and his program of growth for the chapter in this interview by Nick Calpo.*

"MY PERSONAL vision for Las Piñas is that of a chapter where the members consciously recognize that we have a stake in one another's growth and welfare. Where the members clearly find the deep meaning of their membership in the chapter. Where the members give of themselves cheerfully in the service of others. Where the chapter's growth is characterized more by the retention of old and existing members, than by the rapid addition of new faces. I see a chapter that plays a key role in the pursuit of common endeavors among the many other chapters in the bigger community of One Brotherhood."

This is the vision that Rey Feria, the new chapter head of the Las Piñas Chapter, has for his chapter. And he has very definite ideas and plans on how to bring about the realization of this vision.

How did this all come about? Rey's work for the Lord started with the marriage encounter movement in 1979 where Rey and his wife Lyn became deeply involved. There they met Fred and Ces Tirante who later introduced them to the Brotherhood.

In 1985, Rey and Lyn participated in Makati's CLP 9, one of the biggest ever Christian Life Program courses. Asked how the BCBP has changed his life, he commented, "I have grown to be more thankful to the Lord for everything that happens, knowing that the Lord makes all things beautiful in His time. Through the BCBP our family spirituality deepened as has our personal relationship with Jesus."

The turning point towards Jesus was preceded by an emptiness and the travails of business life. These events were fast becoming an engulfing tidal wave until finally during the CLP one-on-one, the Lord's answer came. Rey came to know the true love of our Lord Jesus Christ. From that time on, there was no turning back.

Rey presents a three-pronged program for Las Piñas chapter. "First," he says, "we need to strengthen the chapter as

one community, and harness the power that lies within the action groups. Every member should be at the service of one another.

This we hope to achieve by instilling in one another the real essence of brotherhood — a sense of love, respect, concern and service for each other."

His second platform is to address family building, spiritual deepening, leadership formation and empowerment, servanthood and discipleship, evangelization and community building. This is a formidable task but Rey believes that as activities are made more relevant and responsive to the needs of the members "that every member will expectantly look forward to being a part of every undertaking."

"Third," he continues, "having placed the chapter at the service of its members, the members can then better place themselves at the service of others." While establishing more outreaches, Rey emphasizes that mere numbers will not be enough. "Quality of members and their maintenance is also our concern," he emphasizes.

Rey concludes, "The Las Piñas governance recognizes that our work for the Lord is not finished in a span of 12 months. But the Lord expects that we constantly move forward and that we do a good job in every project we undertake."

Reynaldo Feria or "Rey" as he is better known in Las Piñas and Alabang, is the Vice President of Planters Development Bank and Executive Director of the bank's FMO Development Center. He is also active in his community as one of the directors of the BF Resort Homeowners Association.

Rey and his loving, caring wife Lyn are the parents of three young men, Randy (21), Richie (18) and Red (14).

Both Lyn and Rey share a taste for homemade delicacies. Thus came about Lyn's "Taste & See" enterprise which specializes in homemade delicacies.

When Rey was asked, "Have the promises of the Lord been delivered?", he replied with a solid, resounding "Yes!" -  
*Nick Calpo*

LAST JULY 12, 1994, a Tuesday, I was scheduled to undergo a physical fitness test (PFT) at Camp Lapulapu, Cebu City, in connection with my promotion to the next rank. Saturday and Sunday I was down with sore throat and fever. I rested and prayed for healing.

Monday I forced myself to go to the office to fix my papers for promotion; but in the afternoon, I was down again.

My wife and I went to the chapel to pray as Tuesday was the PFT. This was important to me because if I failed the test I would not be considered for promotion for another two years.

That evening my fever was high again and I told my wife we wouldn't be able to attend our action group meeting. So all of the group came to our house and prayed over me. That night with only one biogestic I was able to sleep soundly for the first time in three days.

Waking up on D-day I felt good. I told my wife that I knew I would make it.

# PRAAYER Was My SECRET

*Alex J. Tan, Cebu Chapter*

Before the PFT started, the officer-in-charge announced that anybody who didn't feel well could opt to take the test later in Manila because they did not want anything untoward to happen. I thought — is he talking to me? I remembered that the previous year, an officer actually died because he forced himself to take the test even though he did not feel well.

To calm myself I recalled the pray-over and became confident that the Lord would not let me fail. During the actual test, my scores were so good I myself was surprised. I had even outdone most of my colleagues.

But the hardest part — the two-mile run — remained. I needed to finish in 21 minutes or less. Before the first round was over, I began to feel terrible and short of breath. I felt dizzy and began to walk. I prayed to the Lord to please guard me and not let me fall down; that if I have to fall, let it be after the finish line. Then I started praying, Lord, please Lord, let me finish on time. Immediately I felt stronger and began running again, finishing in 19 minutes 50 seconds.

A week later I met one of the Special Forces soldiers who administered the physical fitness test. He told me that during last week's PFT, they were so afraid and worried about me that they had already called for an ambulance. They still could not seem to believe that I finished the run and passed it, too. And he wanted to know my secret.

I told him that I prayed. This was my secret, the source of my strength! Prayer was my secret. Praise God! #

## *NICCOLO... from p. 15*

healing, forgiving presence. I turned to Him in prayer.

"There is no cure by human standards," He pointed out to me. "But have you thought about My standards?"

Right then and there I stopped worrying so much. I knew that He had made me a promise and He never breaks His promises. I don't presume to know exactly what He considers a cure. But God is the Master Healer and whatever cure He effects is better by far than anything science could possibly come up with. And even if science does one day produce a cure for autism, He will have been behind it.

PV and I came to our present peace in different ways and at different times. But my husband also found the path to strength, courage and patience through prayer and faith.

When we accepted all this, we began seeking help for Niccolo. So many things fell into place as if by design, His design. Things that didn't seem possible at first.

The speech therapist who had been unavailable agreed to teach just one more child — Niccolo. A slot became available in an excellent special school. The only play therapist in Manila handling non-verbal special children suddenly had a vacancy to accommodate Niccolo. Each and every step of the way, the Lord always opened up a path for us.

Now there are tangible signs of improvement in our son. He is a huggable child who enjoys giving and receiving affection. He has good eye contact with those he feels he can trust and relate with. He has even begun to play and interact with other children.

Last Christmas our dearest wish came true, a real gift from Jesus! We'd all been praying that Niccolo would start to talk before the year was over. Within the space of about two weeks as Christmas was approaching, my mother, PV and I all had a similar dream — that Niccolo had begun to talk.

The week before Christmas Niccolo uttered his first real words on his own. Then he started repeating words he had heard — he even chattered animatedly in his own childish language whereas before, there had only been deafening silence.

Niccolo is by no means fully communicative, socialized or capable of adapting with ease. He still has a long way to go. But when we look at our happy, affectionate, chatterbox of a little boy, we can only be amazed by the improvements in him.

Is this part of God's promise of a cure? We believe it is. We believe that God made Niccolo the way he is because He has a plan for our boy, a plan that will use him to help others find God and glorify Him. This has been confirmed over and over again in our prayers and in our friends' prayers.

God's plan for our family is unique. God sent Niccolo to us to teach us how to love unconditionally. A very difficult thing to do as it is. But a child, especially one's own special child, is the very best teacher possible.

Whatever the future holds for Niccolo, for him to live in God's grace is already the greatest achievement of all. For this we can only be grateful. And filled with awe at His great power and immeasurable capacity to love and watch over each and every one of His children on this fragile world we call our earthly home. #

# BURNED OUT?

In addressing the ever-growing problem of executive stress, Pinky Lim (BCBP Cagayan de Oro) shares with us some thoughts she gathered while reading Dr. Harold Sala's book "Winning Your Inner Struggles".



**FOR GENERATIONS**, parents told their children, "Nobody ever died from hard work, now get out there and go to work!" However, this is no longer true these days because one of the "silent" sicknesses busy people have is stress, often leading to its more severe form — burn-out.

Burn-out is what happens when a person works too hard under too much stress, for too long a period of time, causing him to lose his equilibrium. There is just too many people competing for existing jobs with inflation placing tremendous pressures on them. People hardly are able to find time to realize that there is Someone up there who is everyone's stress-buster.

The main symptoms of burn-out are physical weariness, emotional and personality disorders, and loss of spiritual vitality.

One feels exhausted and tired all the time, becomes withdrawn, irritable, perhaps hostile, and feels that God has become remote and doesn't care anymore.

Who is considered a candidate for burn-out? The person who needs to succeed and to feel successful. The perfectionist. The over-committed individual who has forgotten what the really essential things are. The extremely competent individual who believes himself (or herself) indispensable. The person who is always "too busy". The person who cannot say "No" to a new assignment.

Getting your perspectives right and your priorities in order is the first step in maintaining normality and preventing burn-out. Then regular time off



## Tips for Healthful Living

We asked several BCBP doctors what factors they considered important for healthful living and these are their answers.

Avoid typhoid fever, an infection caused by the bacteria "Salmonella Typhosa", by making sure you drink only clean water and eat uncontaminated food. Avoid drinking water which comes from contaminated sources like leaking pipes. Do not eat in places where there is unsanitary food handling. Keep your surroundings clean and sanitary. Dispose garbage and wastes properly. If you are going to be traveling, ask your doctor about immunization as a preventive measure. -**Hedy L. Coruña, M.D., Internal Medicine, Cagayan de Oro Chapter**

Eat nutritious foods in moderation. Exercise regularly. Drink moderately. Do not smoke. Avoid stress. Develop a personal relationship with your God and your fellowmen. -**Nonen S. Sison, M.D., FPCP, FPSEM, Internal Medicine-Endocrinology, Cagayan de Oro Chapter**

Stop smoking and save yourself from developing a heart problem, chronic obstructive pulmonary disease, lung cancer, peptic ulcer and vascular diseases. Avoid frequent and excessive alcoholic drinking — alcohol is toxic to the heart muscle and may lead to alcoholic cardiomyopathy, curable only by heart transplant.

Maintain your ideal body weight with regular exercise and diet control. A low cholesterol diet is good for your heart — use more vegetables, fruits and fish, avoid animal fats.

Exercise patience. Avoid unnecessary worries, anxieties and physical, mental and emotional stress that precipitate a heart attack. -**Rodrigo M. Alenton, M.D., Internal Medicine-Cardiology, Cagayan de Oro Chapter**



*Boy Javier, a successful executive of a prominent multi-national advertising agency, recounts a business experience that tested not only his faith but the moral fiber of his Executive Committee, too. In the BCBP Boy serves as the BCLP and Business Evangelization Program Director of the Parañaque Chapter.*

Of course there was a catch! We would have to share the profits with the boys! By his calculations, our finance officer reckoned we'll not only recover the loss from the delayed realignment of our major client's business, we'll even triple projected earnings, even if we had to share profits with the boys!

But I am blessed with a righteous and very courageous Executive Committee — something rare in the advertising business. Without hesitation we rejected the offer, even if we were to lose money in 1994.

Such faith! Sabi ko, Lord, bahala ka na lang. We're doing what we think is right; beyond that I offer everything to you. Pero, medyo nanghihina ang loob ko. I didn't want to break our tradition, since I became president, of giving our

# The Courage of My Convictions

*Boy Javier, Parañaque Chapter*

**MY WALK WITH THE LORD** — most of it through my almost 7 years in the Brotherhood — has taught me that courage is not independence and self-sufficiency. Rather in fact, it requires far greater courage to surrender your will, to surrender the outcome to the Being far greater than ourselves.

They have a name for it: Faith. Courage is faith that the Father loves us and he will allow nothing to harm us so long as it is his will not ours that we obey. Courage is surrender, because we trust in God's provision and plan for our lives.

Last year was a difficult year for our business. A worldwide realignment shifted most of a major client's business to our agency which meant at least 200 million pesos in additional billings. The whole industry's eyes turned yellow with envy. Anticipating the load, we hired 35 new people, acquired more floor space, bought furniture and office equipment including a new telephone system, e-mail and local area network facilities.

Then the news came. Due to legal technicalities, the account transfer would not materialize until 3 months after original plan. Meanwhile, I was stuck with a bloated head count, higher payroll, higher rent and early capital expenditure. The whole exercise would wipe out our 1994 profits!

My chairman was approached by a senator's senior staff and was offered a government account with a promised billing of 450 million. Two thirds was to be spent for advertising; one third was to be spent for promotions. No bidding. All we needed to do was present our agency credentials and the account was to be ours.

employees at least 15 months pay annually. Pero malabo ang labanan. In surrender, I took a three-week vacation with my wife and visited my mother in America.

One week pa lang kami duon, the office called. We were being invited to bid the account of the largest cellular phone company in the country. We had to bid against 3 major agencies, including the incumbent who knew the business very well. Half of my vacation was spent on the telephone discussing strategy and approach and issues related to the pitch.

Three days before we were to come back home, I received a call from Manila. There was yelling and cheering at the other end of the line. We won the 80 million account. Fair and square. No lagay! To top all these we were given by the Headquarters a reprieve on our bottom line. In recognition of the unusual circumstances we were allowed to give out in total the 15-month pay to all employees.

God is good. When you pass through the water, he said in Isaiah 43, I will be with you. In the rivers you shall not drown. When you walk through fire, you shall not be burned. The flames shall not consume you.

The courage that God gives us is different from the courage that the world teaches. The courage that God teaches is surrender ... and reliance ... and dependence. It takes great courage to accept that, to give away control, especially if you are a battle-scarred warrior in this arena called life.

Simple folks call it faith. Little children know it, except that in our struggles, we outgrow it. Isn't it about time to bring back simplicity to our lives?#



# 15 Key Concepts for Managerial Success

Was it purely coincidental that just after attending the BCBP's 15th Anniversary this compilation by the Harvard Business Review of "15 Key Concepts" came to her attention? Nancy Catan didn't think so! She presents brief summaries of these 15 business classics for your handy reference.

These articles are considered classics because the principles and concepts espoused in them are provocative, have passed the test of time, and have been generally acclaimed by businessmen for their shrewd and valuable insights.

Due to space limitations, the 15 summaries will be spread out over three issues, five summaries per issue. The full texts of the articles are published by the Harvard Business Review under the title *Business Classics: Fifteen Key Concepts for Managerial Success* (U.S.A., c 1991).

## Skills Of An Effective Administrator

Robert L. Katz

What makes an ideal executive? Katz posits that "idealness" should not be based on desired personality traits so much as the observable skills that the person demonstrates.

Katz defines an administrator as one who directs the activities of other persons and who undertakes responsibility for achieving certain objectives through these efforts. The success of his work depends greatly on three basic areas of skills: technical, human, and conceptual.

Technical skill implies specialized knowledge and analytical ability within that specialty. Human skill is the executive's ability to work effectively as a team member and to build cooperative effort within the team he leads. Conceptual skill involves the ability to see the enterprise as a whole and to be able to perceive the corporation's relationship to the industry and various economic and political forces in the business environment.

These skills may vary in importance depending on the level of management responsibility the administrator has but some competency in all three areas is needed in the ideal situation. And there must always be a balance struck between the three areas.#

## One More Time: How Do You Motivate Employees?

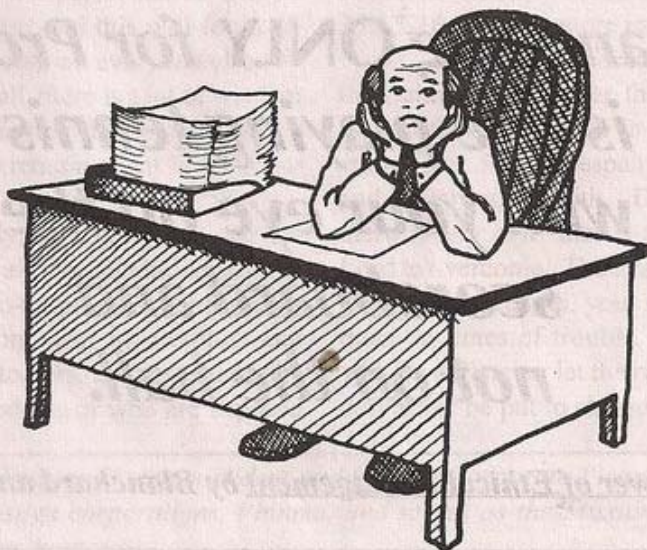
Frederick Herzberg

The author draws interesting comparisons between the KITA (kick in the ) factors of motivation which are externally generated and the growth or "motivator" factors that are intrinsic to the job.

KITA or hygiene factors deal mainly with dissatisfaction-avoidance and include: policies, working conditions, salary, status, security and relationships. Regulation of these conditions may prevent employee complaints but does not really motivate them to better performance.

More effective motivators such as challenge for achievement, the work itself, responsibility, opportunity for growth and advancement, should be intrinsic to the job. Herzberg believes that these factors have a much longer-term effect on employees' attitudes and in most cases, will produce more positive results than the KITA factors.

He says that such job enrichment efforts can only result in significant returns in human satisfaction and economic gain.#



Plough deep while sluggards sleep. -Ben Franklin

## Marketing Myopia

*Theodore Levitt*

How can a company ensure its continued growth? Noted Harvard lecturer and author Theodore Levitt says that managers must not become so enamored with their products that they nearsightedly forget to consider what the customer/market is doing. The successful manager should view his (or her) corporation as a customer-creating and customer-satisfying organism.

"Management must think of itself not as producing products but as providing

customer-creating value satisfactions. It must push this idea (and everything it means and requires) into every nook and cranny of the organization. It has to do this continuously and with the kind of flair that excites and stimulates the people in it."

Having a customer-oriented marketing organization widens future product horizons while having a product-oriented marketing strategy usually ends up limiting the growth potential of the business.

## Barriers and Gateways to Communication

*Carl R. Rogers and F. J. Roethlisberger*

In this titillating article Rogers analyzes the barriers and gateways to communication from the standpoint of human behavior in general, while Roethlisberger illustrates it in an industrial context.

Rogers presents the tendency to evaluate and judge what other people say as one of the major barriers to good communication. And this judgmental reaction is heightened when the issue at hand touches the emotions. The stronger our feelings, the more likely it is that there will be no mutual element in the communication.

Listening with understanding, with empathy, is the best solution to a judgmental comment. This needs some degree of

patience and courage but once this understanding has been reached, then a more open communication channel has been established.

In his examples based on a boss-employee confrontation, Roethlisberger points out that many times communication is a matter of choice: one chooses to explain (rather than shout or argue), the other chooses to listen (rather than react emotionally).

Both authors agree that while good communication, especially in the workplace, is a problem, it is a solvable problem if everyone involved in the process works toward the solution.



## The Power To See Ourselves

*Paul J. Brouwer*

A crucial aspect in management development depends on manager development. And this means change in how the manager sees himself personally and in relationship to his job responsibilities.

Brouwer discusses the various filters that color the manager's perception of himself and his resultant actions. He cites one instance wherein in similar situations, one executive was challenged while a second executive was threatened. The first saw himself as confident and able to cope, while the second lacked confidence in himself.

One of the keystones for growth is the manager's acceptance of the reality of his different roles in life — father, husband, businessman, golfer, etc. He must also be willing to dynamically change his self-concept in response to broadened perceptions that arise from growth, maturity and advancement in his roles. The article is made more interesting with concrete examples in each of the areas discussed.

In conclusion, the author states that growth is the "evolution of personal goals and the sense of venture in pursuing them. This is the meaning of the dedicated man. His personal goals, his company goals, and his job goals have coincidence to a great extent; and his personal power is directed single-mindedly toward seeing himself in relation to the fulfillment of his executive potential. #

***Managing ONLY for Profit  
is like playing tennis  
with your eye on the  
scoreboard and  
not on the ball.***

***The Power of Ethical Management by Blanchard and Peale***

**THE FAMILY**, as the fundamental and essential educating community, is the privileged means for transmitting the religious and cultural values which help the person to acquire his or her own identity. Founded on love and open to the gift of life, the family contains in itself the very future of society; its most special task is to contribute effectively to a future of peace.

The domestic virtues, based on a profound respect for human life and dignity, and practiced in understanding, patience, mutual encouragement and forgiveness, enable the community of the family to live out the first and fundamental experience of peace.

# THE FAMILY: Creating A Future Of Peace

True love always goes together with justice, so necessary for peace. The family which lives this love, even though imperfectly, and opens itself generously to the rest of society, is the primary agent of a future of peace. A civilization of peace is not possible if love is lacking.

Children are the future already present among us; they need to experience what peace means, so that they will be able to create a future of peace. Jesus, through His death on the Cross, has left humanity His peace, assuring us of His enduring presence. Ask for this peace, pray for this peace, work for this peace!

(Source: Pope John Paul II: Message for 1994 World Day of Peace, issued December 8, 1993)

## One Minute Meditations

Fernando de Larrazabal



# Cairo, Now BEIJING!

*"For they eat the bread of wickedness and drink the wine of violence. The way of the wicked is like darkness, they know not on what they stumble." Proverbs 4:17, 19*

We find the world again polarized by those who are pro-life and those who propose murder over life. The economic giants of the secular world lost their ideological battle against the Christian world during the 1994 Cairo Conference on population.

But one battle is not the war; the war continues between those who follow Christ and those who willfully go against Christ. The next round is to be held in Beijing, China. Many have asked why these conferences have become such big issues.

The draft document of the Beijing Conference is a carbon copy of the one discussed at the Cairo Conference. Look at what they promote and tell me if it does not merit to be made an issue.

It promotes contraception, sterilization and abortion. The host country is already practicing these forms of family planning, with one big difference —

by law these practices are not a choice, but actually forced on women who already have one child. If these proposals are approved and become a United Nations document, what is there to prevent other governments from following China's example?

This draft document also looks at marriage and family as an oppressive structure. This proposal aims to "liberate" woman from her functions as wife and mother. These objectives are opposed to God's purpose of creation (Genesis 1:27-28). A woman who functions along biblical concepts is a truly liberated woman, free from oppression and governmental dictates.

All women, Christian or otherwise, should stand up to defend themselves against this diabolical program, that aims to do away with women's role as life-bearers, mothers and wives. The way of the wicked is darkness.

## Prayer

*Dear Jesus, your Holy Family set the example for us to follow. Now there are some who wish to destroy those family concepts by proposing the evil practice of abortion and destroying the family structure. Give these misguided people a clear sign of your censure. Give them the grace and insight to know of your disapproval. Amen.*



**Rest in Peace**

*May we request everyone to pray for the repose of the souls of our brothers and sister who have joined our Creator.*

*May they rest in peace.*

**Ernie Mondoñedo**  
**Cagayan de Oro Chapter**

**Ched Papworth**  
**formerly from Cebu**  
**Chapter**

**Jimmy Cruz**  
**Alabang/ Las Piñas**  
**Chapter**

**Bert Solis**  
**Tacloban Outreach**

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**THAT HE MAY**  
**BE HIS JOY**  
**WHEN HE**  
**GROWS UP"**

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*Drs. Oca and Dessa Cruz of BCBP Rizal clear up some misconceptions people have about dental care.*



# FACTS and FALLACIES About Dental Care

Fallacy	Fact
<p><i>Temporary teeth do not need much care; they will be replaced by permanent teeth anyway.</i></p>	<p>Temporary or baby teeth guide the permanent teeth into their proper positions. They also help in molding the proper size and shape of the jaw bones. Thus, premature or delayed removal of baby teeth may lead to malalignment of permanent teeth and jawbone. Dental care is still needed as infections from decayed temporary teeth can easily spread and damage the still soft jawbone.</p>
<p><i>All impacted teeth have to be removed.</i></p>	<p>Impacted teeth are teeth which fail to erupt after their age of eruption because they are blocked by another tooth, thick bone or dense gums. If they do not cause any discomfort, they may be left in place with periodic monitoring. Should there be any pain, surgical removal may be necessary.</p>
<p><i>When a tooth starts to ache, it is more practical to have it extracted and replaced with a denture to prevent future problems.</i></p>	<p>A well-made denture can never be functionally equal natural teeth no matter how heavily-filled they may be. Extraction should be the last option. Less radical options include root canal treatment and periodontal treatment for gums and bone.</p>
<p><i>Toothache drops are a good remedy for toothache.</i></p>	<p>Toothache drops are caustic. When they come in contact with the gums and cheek, they can cause burning of the soft tissues and lead to delayed healing. It would be wiser to take an analgesic and go to your dentist as soon as possible.</p>
<p><i>Pearly white teeth are naturally better than yellowish teeth.</i></p>	<p>The natural yellowish tinge of permanent teeth is due to the natural color of the inner layer of the tooth called the dentin. Since the outer enamel is somewhat transparent, the yellowish color of dentin shows from the outside. This indicates good tooth strength and is normally acceptable.</p>
<p><i>Orthodontic treatment is only for children or young adults.</i></p>	<p>The yellowish, brownish staining of teeth due to tobacco, coffee and outright lack of dental care is, however, avoidable with regular cleaning. A dark yellow or brown discoloration of most teeth in a person which can be attributed to the intake of Tetracycline by the person's mother during pregnancy, is a congenital problem which can be avoided. Some white teeth are, in fact, chalky in consistency and are weaker and more prone to abrasion problems.</p>
<p><i>Orthodontic treatment is only for children or young adults.</i></p>	<p>Bone in children and young adults is generally softer and more pliable and this accounts for faster orthodontic treatment among these age groups. Adults, however, can still avail of orthodontic treatment if they have enough teeth to work on plus strong, healthy and adequate gums to support the remaining teeth. Treatment period may take longer but the success rate is just as high as in younger individuals.</p>

The best way to break a bad habit is to drop it.

**BURNED OUT?... from p. 39**

should be scheduled to include recreation, hobbies, spiritual retreats and renewal, and time for "simply doing nothing." Exercise, proper diet and intellectual stimulation will improve your physical and mental well-being. Then we must learn to say "NO, I would very much like to take on that responsibility, but with my present commitments, it is impossible."

Even people well-anchored in God's Word and busy in service, experience burn-out. The solution? Sustaining one's daily renewal through a truly quiet time with God in prayer and the scriptures. We must always realize that He is the source of our strength.

It is one thing to recognize the symptoms. It is another to know what to do about them. And yet another matter to be motivated to take appropriate action and say, "I will do something about my life right now to ensure that I don't become a victim of burn-out." *-Pinky Lim*



## Answered Prayers

A dignified old clergyman owned a parrot of whom he was exceedingly fond except that the bird had picked up an appalling vocabulary of cuss words from its previous owner. After a series of embarrassing episodes, the clergyman decided he would have to kill his pet.

A lady in his parish suggested a last-ditch remedy. "I have a female parrot," she said, "who is an absolute saint. She sits quietly on her perch and says nothing but 'Let's pray.' Why don't you bring your parrot over and see if my own bird's good influence doesn't reform him?"

The clergyman said it was worth a try. The next night he arrived with his pet under his arm. The bird took one look at the lady parrot and exclaimed, "Hi, toots. How about a little kiss?"

"My prayers have been answered," said the lady parrot gleefully. "Alleluia!" *Source: BCBP Cebu Newsletter*

# 20 All Natural Stress Busters

1. Rub those worries away with a massage.

2. Pretend you are on "Candid Camera" and see how funny your every day world becomes. It is impossible to laugh and feel stress at the same time.

3. Aroma therapy. Lavender calms, peppermint cools and stimulates, ylang-ylang calms and relaxes the body.

4. Do simple stretching exercises like arm swings, knee lifts and neck rolls.

5. Use your imagination in creative visualization to see and feel images that make you feel calm and relaxed.

6. Exercise. Even just walking around the block or going up and down a flight of stairs will help.

7. Get a pet to talk to, to care for, to hug, one that will love you without conditions.

8. Pray.

9. Dance your troubles away.

10. Sing a song. Hum a tune.

11. Be silent. Listen to your heartbeat and your lungs breathe in and out.

12. Listen to soothing music.

13. Ladies, try a facial. Or lie down for 10 minutes with a damp facecloth scented with your favorite cologne on your forehead.

14. Pull weeds in your garden. Talk to your flowers.

15. Go somewhere alone and scream your frustrations to the air. At home, try screaming into a pillow.

16. Sit under a tree and watch the clouds float overhead or the sun set.

17. Eat a "comfort" food like the lugao your mother used to prepare when you were sick. Or how about a luscious banana split?

18. Write a letter. Or visit someone who is sick or elderly.

19. Make a "happy" list of all the things that make you happy. Then visualize yourself actually doing these things, one by one.

20. Make a friend of someone you don't know. Reach out and touch someone who needs a friend.

*-Compiled from various sources.*



*Have a place for everything and that's one place you won't have to look for it.*

# For My Parents and Grandparents With Love on my 20th birthday

I have been here before.  
Going around in the circle of life,  
I have been here before.  
Each turn I have grown  
...older ...wiser ...more mature.  
I am not who I was. I am who I am.

I have been here before with you.  
You have seen me through my tears,  
carried me up in my weaknesses.  
You have allowed me to fall  
because you knew  
that it was in the struggle to rise  
where my triumph would come.  
You have allowed me to be hurt  
so that I would be strong.  
And with this strength,  
I could be gentle with those who hurt  
and others who are hurt.

You did not give me the sun, you taught me to fly.  
You did not give me victories, you taught me to fight.  
You did not give me God on a silver platter,  
you taught me to search and find.  
And find Him I did in you.

You have loved me with God's love,  
loved me with all your heart  
with no strings attached.  
And I loved you, too, at times,  
because my love wasn't as mature, as true.  
There were times when I hated you  
for the things you did.  
But still you loved me, in spite of my hate,  
because your love was true.  
You understood that I did not understand.  
And still you loved me in my ignorance  
even though it hurt you that I thought that way.  
Now I understand and I say, I love you.

A lot of things have gone into the making of me.  
And you are the center of all these things.

God chose you and God chooses well.  
Now the time has come to be on my own,  
to stand on my own two very capable feet.  
Feet that you have made strong.  
Now I can fly on my own set of wings,  
wings that you have helped me develop —  
wings that I can use  
to fly  
and to shelter other eaglets  
as they develop their own wings  
as you did with me.

This is my gift to you on my 20th birthday.  
I give to you myself, my journey through life,  
my flight to the heavens.  
You have given me feet to walk and wings to fly.  
But I have nothing to give you  
save that I offer my love and  
my life to God as a manifestation  
of your love and your life.

Rejoice, for you have led a good life.  
Rejoice, for I will lead a good life  
because of you.  
God is good and for you I thank Him.  
And for being able to know God and thank Him,  
I thank you.

And in my gratitude,  
from the abundance of a heart  
you have taught to love by example,  
from a mature and knowledgeable mind  
that can make this decision,  
from a child that has grown into a man  
and has learned what it is to love —  
truly, know I love you.

Carl Vincent Laurence C. Nadela  
July 14, 1995, Friday  
Cervini Residence Halls  
Ateneo de Manila University  
(parents are BCBP Mactan members)

# A PARENT'S PRAYER

*O Heavenly Father,  
make me a better parent.*

*Teach me to understand  
my children, to listen patiently  
to what they have to say,  
and to answer all their questions kindly.*

*Keep me from interrupting them or contradicting them.*

*Make me as courteous to them as I would have them be to me.*

*Forbid that I should ever laugh at their mistakes or resort to  
shame or ridicule when they displease me.*

*May I never punish them for my own selfish satisfaction  
or to show my power.*

*Let me not tempt my child to lie or steal.*

*And guide me hour by hour that I may demonstrate by all  
I say and do that honesty produces happiness.*

*Reduce, I pray, the meanness in me.*

*And when I am out of sorts, help me, O Lord, to hold my tongue.*

*May I ever be mindful that my children are children and  
I should not expect of them the judgment of adults.*

*Let me not rob them of the opportunity to wait on  
themselves and to make decisions.*

*Bless me with the bigness to grant them all their  
reasonable requests and the courage  
to deny them privileges*

*I know will do them harm.*

*Make me fair and just and kind.*

*And fit me, O Lord,*

*to be loved  
and respected  
and imitated by  
my children.*

*Amen.*