

MIETANIA

The Official Publication of the Brotherhood of Christian Businessmen and Professionals-PARAÑAQUE

VOLUME 11 NO.1

July 2013

Go tell your friends about what the Lord has done to you and His compassion on you. - Mark 5:19



Parañaque's 19th Chapter Anniversary

Parañaque's Chapter Head, Allan Timonera's Anniversary Message delivered during the anniversary celebration last July 13, 2013.

[Greetings of peace and love to all of us gathered here.]

[Today], we once again celebrate with joy and gladness, as we mark the 19 years that BCBP has planted its roots here in Parañaque. The BCBP Parañaque Chapter continues to be a pillar in our community in spreading the word and in re-evangelizing the businessmen and professionals in our midst here in Parañaque and Bicutan.

While we can look back to the past, and glimpse at the fruits of our labor love in Tuguegarao, Imus and more recently in San Jose Mindoro, all vibrant chapters now on their own. More importantly perhaps would be to remember and learn from the experiences of these mission undertakings as it is big part of our history of the past 19 years.

Significant in all these are the men and women, brothers and sisters in our community who have selflessly committed themselves to the work entrusted by God. They have successfully overcome the challenge of re-orienting their lives, achieving the balance, and more importantly entering into a personal relationship with our Lord.

Our work, has not gotten easier, going out and bringing Christ into the marketplace today is faced with bigger and more difficult challenges, obstacles even. The society with its liberalism, pursuit of material things, rights and self determination ideals have so expanded to certain edges, where it now comes into conflict with the teachings and commandment of God. As BCBP members we are part of that society, and it is not by accident that we have been placed where we are now in our respective work and businesses. To live be example by the Christian ideals, so others may see how the Lord is working in our lives. And through our community mission and outreach work here in Parañaque and Bicutan we have that great opportunity to continue to actualize those ideals.

And so as BCBP Paranaque nears the end of the 2nd decade, we look forward to the 3rd decade with greater joy and gladness, more privileged than ever in being servants of God in the work that He has entrusted us to do.

Bicutan Satellite Breakfast Celebrates 1st Anniversary

"Behold, I am doing a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert..." Isaiah 43:19

These are exciting times for BCBP Parañaque as we remain true in spreading our wings in evangelizing and bringing Christ to the businessmen and professionals of Bicutan, Parañaque. Last December of 2012, we welcomed the graduates of the very first Christian Life Program (CLP 1) of our Bicutan Outreach. It was a momentous time for Parañaque Chapter then, as Bicutan Outreach took its first baby steps.

May 11, 2013 was another milestone for Bicutan Outreach. We celebrated its 1st anniversary with a grand breakfast. The joyous event, held at the Jubilee Hall of the National Shrine of Mary Help of Christians, started with a mass celebrated by Rev. Fr. Chito Dimaranan. He made a call for the members to renew efforts in the recruitment of young and energetic men and women into the BCBP. The answer was manifested by the presence of young first timers during the occasion. This was an affirmation of the growing strength of the outreach.

We were very blessed to have Bong and Beng Pelaez, the Chairman of the Board of Trustees of BCBP, who shared their life experiences with BCBP, some of which kept us in stitches of laughter. It was truly a fun and memorable First Anniversary Grand Breakfast for Bicutan .

The event was capped with an inspirational talk by our Chapter Head, Allan Timonera, who acknowledged the presence of past Chapter Heads of BCBP Parañaque – Monching Suñga, Rem Gopez, and Chuck Colayco.

It was a great morning indeed!

by **Kats Serraon**



Proclaim His Marvelous Deeds

by: Dolly Escobar

Parañaque's 19th Chapter Anniversary



PROCLAIM HIS MARVELOUS DEEDS TO ALL THE NATIONS”

“Go tell your friends what the Lord has done for you and his compassion on you.”
- Mark 5:19

Indeed, "Proclaim His marvelous deeds to all the nations..."
It was a beautiful day to start celebrating the 19th Anniversary of the BCBP Parañaque Chapter!

The 19th Anniversary of BCBP Parañaque Chapter was held on July 13, 2013 at the Ruby room 1, Max's Restaurant, Sucat, Parañaque City.

Registration started promptly at 7:00 a.m., handled by Leni Arceo, Stella Zablan, Sarah Ancog and Rosie De Torres. In a short while, the room was bursting with members of BCBP Parañaque Chapter, balikbayan members, and special guests i.e. National BCBP President, Manny Jimenez, Serge and Paching Dela Fuente (RCD-Southern Metro Manila), Jojo Pabalan (Las Piñas Chapter Head) and Cecille Gacias (wife of new Alabang Chapter Head, Jun). Additional tables had to be set up due to the overflow of attendance. The tables had fruit baskets of grapes, oranges and bananas donated by Allan Timonera and prepared nicely by Arman and Norie, which attendees snapped up as the program started.

The celebration started with a mass officiated by Fr. Joseph "Jolan" Lander. He cited BCBP's slogan, "Be honest even if others are not, even if others will not, even if others cannot", as very intriguing. He further said, "the LORD is after FIDELITY and not outsmarting one another." "... if you follow me, be ready to be hated. Proclaim the goodness of the LORD! " In conclusion, he said, "with Christ, we lose nothing."

In a short talk after the Mass, Manny Jimenez admitted that BCBP Parañaque was indeed a vibrant Chapter based on the overwhelming number of attendees and the cheerful fellowship pervading the big hall. Serge Dela Fuente likewise gave a heart warming talk.

The ten (10) first-timers were acknowledged together with their sponsors. They were also struck by the friendly atmosphere and smiles. At this point the emcees, Paolo Abeleda and sDudayValmonte read the Vision and Mission of BCBP for their information.

Allan Timonera, our Chapter head, then introduced the couple sharers: Tito and Josie Serafica, Head of the BCBP Makati Chapter. An awe-inspiring message from them was, "The counsel of the Lord belongs to the faithful." In response, the Music Ministry, led by Danny Balili sang the anniversary songs "O Send Forth Your Light And Your Truth", followed later on with "We Will Be Faithful <to our calling>."

In his brief message, Allan Timonera challenged everyone to get involved with the many projects as we approach the third decade of the Chapter's existence. Noel Azarcon, Mission Director, went on to present the graduates of both Parañaque BCLP 40 and Bicutan CLP 1. The graduates were so excited that they gave the impression of, "YES, LORD, we are accepting the challenge to work with JOY in our hearts".



For the entertainment part of the celebration, the different Chapter Units presented song numbers. Rey Navia's unit sang lively OPMs, followed by George Torregosa's unit, led by Pete Raspall of Bicutan, with "Can't help falling in love with Him (meaning the LORD). The CLP 40 graduates also participated with a dance and swayed to the tunes that were tremendously enjoyed by the audience.

Finally, the group of Jojo Pascual sang beautiful versions of Broadway songs with Chuck Colayco conducting, accompanied on the keyboard by Ms. Zeny Veloso (now a New Yorker doing apostolate work). Some words of the songs were changed, like "You may hear HIM calling across a crowded room", to mean the LORD's call to mankind.

The celebration was completed with a raffle. Thanks to the good hearted members who donated prizes that delighted the winners.

Towards the end, Manny Dacpano, Course Leader for the next CLP 41, made an appeal to everyone to recruit participants for the next CLP. After which, Orland Obmasca, Programs and Services Director, thanked all those who helped in making the anniversary celebration a great SUCCESS!

It was raining outside as we left the hall. We knew that the Lord had sent manna from heaven !

What is your pickup line?... celebrating Valentine's Day

by Sol Advincula

“Sana letter T na lang ako. Why? So that I will always be next to U.”
 “Are you a Dictionary? Why? Coz you give meaning to my life.”
 “Table of Contents ka ba? Why? Kasi ikaw ang laman ng bawa’t pahina ng buhay ko.”

Pick-up lines after pick-up lines started by our emcees and a loving couple, Liza and Leo Ignacio (iba talaga pag bata), which were picked up by the audience so they contributed their own pick-up lines. It was fun, funny and romantic. After all it was a Valentine’s party.



The party had all the ingredients of Valentine: a beautiful couple, Kay and Pau at the registration table, love songs by the Music Ministry, particularly by Danny Balili and Doc Roger Ramos, ladies & gentlemen in red and pink attires, hearts and balloons floating around, red roses for the ladies. In short, *WINE, WOMEN & SONGS*

The main ingredients were the two couple sharers: Felix & Rosie de Torres and Kats & Abelle Serrao. Both are fairly new in the Brotherhood, but their sharings showed the depth of their spirituality.

The theme of the sharing of Felix & Rosie de Torres was *Love, Hate & Faith*. As parents of two boys they related how they have gone thru tough times. They injected humor in their delivery that brought moments of laughter to the audience.

Kats and Abelle Serrao shared how their jobs in the broadcast media brought them together. With Abelle having only half of her left and right ovaries, they sought the intercession of Mama Mary, Our Lady of Manaoag and Our Lady of the Remedies for a child. In no time, they were blessed with twins which was more than what they asked for. It was a miracle indeed!

“May lisensya ka ba? Why? Because you are driving me crazy.”

God is crazy about you too. See how much He loves our sharers.

“Commit your way to the Lord, trust also in Him, and He shall bring it to pass. He shall bring forth your righteousness as the light, and your justice as the noon day. Rest in the Lord, and wait patiently for Him; do not fret because of him who prospers in His way, because of the man who brings wicked schemes to pass.” Psalm 37: 5-7



BCMR-12, A Marriage Retreat

By: Ging Densing-Tubid



“Complete my joy by being of the same mind, having the same love, being in full accord and of one mind. Do nothing from selfishness or conceit, but in humility, count others better than yourselves. Let each of you look not only his own interest, but also to the interest of others.” Phil. 2:2-4

After my husband, Diony, and I attended BCMR 11 last year, we vowed to serve at the next BCMR. We found the retreat a sort of a refresher for married couples, with all the challenges they go through in their daily lives. More importantly, it encouraged husband and wife to be more patient, understanding and considerate with each other in order to have a lasting marriage.

When BCMR 12 was announced, we readily volunteered to serve. On our way to *Canossa House Of Prayer*, the retreat venue, a minor argument turned into heated exchange of words that didn’t seem to stop, resulting to hurting each other’s feelings. Suddenly, I realized that this might be a form of the devil’s harassment to prevent us from serving the Lord through the BCMR. I began to pray the Lord’s prayer over and over while Diony remained silent until we reached Tagaytay. Praise God! We reached the venue ready to serve.

The series of inspiring talks once again penetrated our hearts. They reminded us that two people of different personalities could complement each other and get along well as a couple with God in the center of their lives. We learned some pointers on how to handle difficult situations and use them to strengthen the bonds of marriage.

The renewal of vows during the Eucharistic celebration were so touching as if they were getting married again with us representing their parents sponsors. They were surprised with the presence of their loved ones who were brought by BCBP members to the venue to witness the event. A sumptuous meal followed, served by the Canossa sisters, with matching wine and wedding cake. Truly, it was a beautiful sight!

With joy in our hearts, we again look forward to BCMR 13.





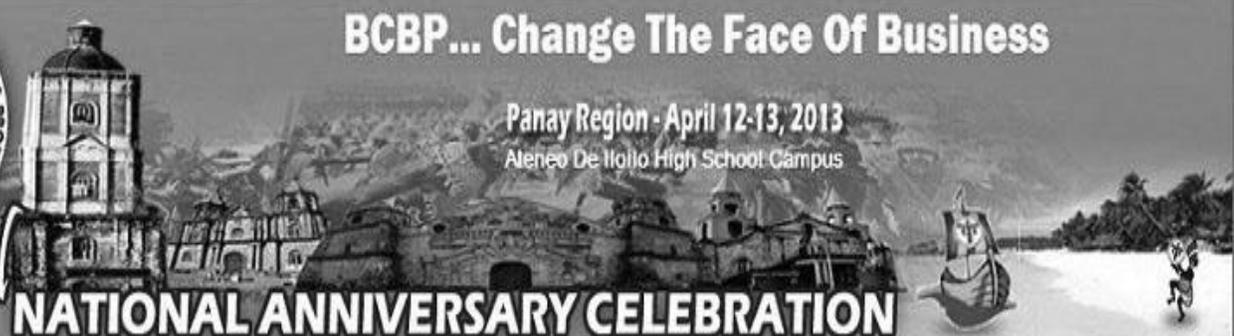
BCBP... Change The Face Of Business

Panay Region - April 12-13, 2013

Ateneo De Iloilo High School Campus

33rd

NATIONAL ANNIVERSARY CELEBRATION



CHANGE THE FACE OF BUSINESS



Brotherhood of
Christian Businessmen
& Professionals

www.bcbpkapatiran.com

The theme of the 33rd National Anniversary Celebration, "Change The Face Of Business" aims to call for change in leading the business sector. BCBP pushes for influencing the marketplace with honesty and integrity by initiating practices that demonstrate accountable behavior, leadership by example and Christian values.

MY FIRST NAC

by Gemma ko



BCBP Chapters in Panay Region were very accommodating. The NAC33 Theme was also very timely and impressed on me: Change the Face of the Business. On the 1st day of NAC, we were given a very warm welcome of smiles and sumptuous merienda! It was also overwhelming, because despite that it was conducted in a province very far from Metro Manila, the venue was jumpacked by about 3500 members coming from the different BCBP Chapters from all over the country & abroad. The celebration was a complete picture of mass, fellowship, prayover and group activities, overflowing food, entertainment of musical and dance numbers that tickled us to uncontrollable laughter. It was awesome to see that everyone there performed and celebrated the Lord. The most awaited part of the program was the car raffle, how blessed was the winner. When the last night of celebration had come to "happy hour" portion, the final part of the program, and when majority started to leave the venue, an announcement was made that Parañaque Chapter won the "Best Group Hat Award." None of our members was in the gymnasium to receive the award, but somehow, few organizers saw me and fellow Parañaque members still in the vicinity and still wearing our hats. The prize was quickly given to us. For me, one important experience was, we developed camaraderie to many fellow members from various chapters. It also changed my impression that BCBP are for the olds. In this National Assembly, we saw a great number of young ones, too.



NAC33 - Changing the face of business

by Jhunar Abbot



Attending NAC 33 was many first for me, Robi and Kat. It was the first time that we attended a national celebration as a family. It was also our first time in Iloilo; and, for this article, the first time I would ask the point-of-view of an observer – Kat, my daughter.

My Reflection:

Worshipping God with fellow BCBP members would always be a great experience for me, especially in large gatherings like anniversary celebrations. You could hear soul searching singing and deep worshipping of the Lord in one particular time. The theme was very fitting in this decade of evangelization. It challenged each BCBP member to “CHANGE THE FACE OF BUSINESS” by applying Christian values in the marketplace. Thanks to our brothers who testified how they sought the kingdom of God that resulted to success in their respective businesses. My conclusion was that to be able to do this consistently, one must always be prayerful in order to be able to discern God’s will and be courageous to act through the grace of the Holy spirit.

In his homily, Most Rev. Angel N. Lagdameo challenged everyone to put Christian faith into action. He cited for BCBP to consider having scholarships for less fortunate children. I wondered how BCBP could respond to this challenge. As if by fate, that night my question was answered when we met a couple from Davao City. They related that BCBP, through its Davao chapters, immediately responded without fanfare to the needs of the typhoon victims of Compostela Valley, with funds from the quick response of the different BCBP chapters. Now they were planning on how to sustain the assistance. That was great! But a nagging thought wouldn’t go away. BCBP could still do more – in the locality of each chapter. I guess the BCBP Paranaque chapter would address this in due time.

My family and I, together with the rest of the BCBP Paranaque members, were so grateful to the Lord for our hosts, the Panay chapters, who were gracious to share with us their culture. We took the opportunity to explore the beauty of Iloilo as we visited their landmarks. The food, music and dances were fantastic! Indeed, our country is a wonderful gift from God. Just a thought – how can we contribute to make it more fun in the Philippines? Tatang Sadi cited some in one of our Friday assemblies, God bless us all!



Kat’s point of view:

“It was the first time I have been to a BCBP National Anniversary Celebration so I couldn’t say I have an indepth opinion. Nevertheless, it was a remarkable experience. It was the first time I saw nearly 3,000 members all over the country share their pieces of wisdom. The energy and the air of the entire event was something I rarely get to see or experience. At first I

couldn’t relate to what’s going on since I am only a 15 year old high school student. The people who went up the stage have undergone trials and challenges but managed to rise above them because of their unwavering faith and hope in God.

“It is easier said than done.” This is a common quote of some people, if not all, including myself, whenever problems seem too difficult to manage with steadfastness and determination. Well, there are difficult problems that would question a person’s assurance in many things, especially in God. For me, doubt is normal. I have had questions, even up to now, that I would often do things that upset others, perhaps due to indecisiveness or a terrible answer that I gave. Sometimes I would forget that there is Someone from above, watching my actions and, if asked, would find a way to help. I remembered this when I attended NAC 33. That’s why it was one of the most enlightening and remarkable experiences I have ever had. I really hope that the next NAC would be, or even more, as eye-opening, heart warming and inspiring.



Regional News

SMMR

BCBP BE HONEST FUN WALK

by Alan Salvador

A fun filled rainy morning with friends and family.



I was hesitant when Tess, my wife told me that we will be joining the fun walk last March 2013 as I have to wake up very early and run (I had to actually run?). When I told the kids that they would be joining the fun run with us, they became very enthusiastic about it, especially when they got their official BCBP Fun Run shirts.

When we arrived at Ayala Triangle, we got lost in the maze of underpasses and stairs. I thought the event has not started yet (and we were already tired), only to find out that we were one of the firsts to get there from our Chapter.

What was supposedly to be a fun run was actually a “Be Honest Fun Walk” staged by BCBP in time for the recently concluded national and local elections. We were told not to run but to walk instead as the main idea is for people to see us wearing the “Be Honest” shirts.

As folks from BCBP Parañaque Chapter and other BCBP chapters from South Manila Region grew in numbers, we started to walk. I wondered why we were walking instead of running? Tess knew that I am a very fast walker and had to intentionally lag behind. While walking along Tatang Sadi, I was controlling every step. It was actually more tiring than running. The kids were all over the place enjoying the sight and when it started to drizzle, I told them to take shelter if the rain got any stronger. They just smiled and said “hindi na kami bata”. After about three laps around the triangle we were really sweating, so I got some refreshments and rested for awhile then did another three laps.

Exchanging greetings with everyone we met, I could feel the Lord’s presence, not only from BCBP members, but also from the Makati City hall group doing morning “exercise”. The atmosphere was gloomy yet refreshing, as if the rains were not there. This was the Lord working. He can turn a gloomy morning into a very fruitful and happy day. It was like a walk in the park during my childhood where everyone were smiling and greeting each other.

After the mass that was held at the Greenbelt Park Chapel, we went home tired but happy to have spent some time doing something for the Lord. I believed the objective of BCBP to create awareness on honesty was achieved by walking together, not just with friends but more importantly, with my family.



Sagip Kalikasan, a Tree Planting Event

by Arlene Timonera



BCBP SMMR (South Metro Manila Region) organized a BCBP Family Day event that would promote responsibility to “green” our environment. A small step for an enormous cause, the BCBP community gathered BCBP-SMMR families to plant several trees along the shoulders of Highway C6 in Bgy. Ibayo, Tipas, Taguig City. Officials from DENR briefed both young and old tree-planters, the right way of planting the saplings. The day started early. Parañaque Chapter volunteers and their children assembled at Santana Grove as early as 6:30am to take the carpool to the venue. The experience was fun and it was interesting to be communing with nature, way far from technology and other comfort. BCBP SMMR has succeeded that day of June 12 in fostering unity and cooperation among community members and their families being the custodians of our natural environment. Getting our hands dirty in putting up the saplings can be an awakening of awareness that a community is integral to changing attitudes towards being concerned in environmental issues. BCBP now goes green and has become part of our nation’s ecosystem.



LENTEN RECOLLECTION

By Dolly Escobar

Oh what a beautiful day!

At 9:09 Am, the BCBP Paranaque Chapter, Lenten recollection held at the compound of Marymount School on March 23, 2013 started with Sadi Saguisag announcing the first song, "We will magnify" and the whole congregation stood up and burst with song as we sang, "...the earth is full of your glory, LORD!"

Jojo Pascual, being the worship leader, started the recollection with a powerful prayer and song, "Lord, I come to you".. and you felt the electrification of the body singing as everyone sang with strong crescendo, the lovely verses of the "Power of Your Love."

With bro. Jojo, we then proceeded to the symbol of the Lord's cross observing meditation, away from material concerns and concentrating on the blood that Jesus Christ shed bringing us to the site of Calvary where he died as we sang, "All Hail King Jesus" with our hands raised, praising the Lord Jesus Christ and "For thou O Lord art high above all the earth,"...As the men sang "I exalt thee", the women's voices echoed singing and responding, "I exalt thee".

Mama Nene Tayag then approached the front podium spontaneously and relayed the message of our Lord Jesus Christ to the members present. A message summary follows:

"Today you are preparing yourself and the reason why I gather you together is to reflect on MY passion , suffering and death but most especially focus on my cross where I gave you my life. My cross represents salvation, the victory against the evil one, a fight against temptation that comes before you. Focus on my cross. Keep my cross in your heart. This is the reason why I gave up my life to save you. It is my love I give to each one of you. I love you my children!"

Head worship leader Jojo Pascual then thanked Mama Nene for the beautiful message of the Lord and asked the participants to ask the Lord for forgiveness , for having burdened HIM with our sins.The group then presented themselves to the Lord with the song, "Here I am LORD, Is it I Lord?"

As we completed the song, bro. Jojo proceeded to the special request for healing of the sick members of our chapter. We ended the worship with prayers-Our Father, Hail Mary and Glory Be.

After our Chapter Head, Allan Timonera gave a short message, he set up the powerful movie, "Passion of Christ" which found both Brothers and Sisters crying over the scenes of our Lord's suffering and His own mother, Our Blessed Virgin Mother enduring the pain with Her son. Tears flowed from the eyes of all members with full attention to the scenes of the Lord's passion.

Although many members had seen the film before, it seemed as if the participants at the recollection were feeling very deeply with the wounds inflicted on HIM and with His sorrowful mother's pain upon seeing the cruelty of the soldiers on our Lord.

At around noon, Fr. Chito Maranan, our recollection Master, a Salesian , asked the assembly for our reactions to the movie. Most responded with feelings of guilt, anger, pity and compassion. Fr. Maranan explained that the journey of humility is also the journey of reality of who we really are. He proceeded to the theme, "Humility and Service"

BUMOTO NG TAPAT, BUMOTO NG NARARAPAT

By Molo Borsoto, Bicutan Outreach



Joining the BCBP's nationwide advocacy for an honest 2013 elections, BCBP Paranaque Chapter set up "Bumoto ng Tapat, Bumoto ng Nararapat" posters at different parishes in Paranaque city – Mary Help of Christians Parish in Better Living, Resurrection Parish in BF Homes,

Ascension Parish in Goodwill II, Our Lady of Divine Grace Center in UPS IV, St. Pius of Pietrelcina (Padre Pio) Parish in Severina 18, and Mary Mother of Good Counsel Parish in Marcelo Green village, to name a few.

The posters, placed at the most prominent areas of the churches, aimed to encourage people to vote and to exercise this right as informed and guided Christians. Aptly written in Filipino, combined with images of people in prayer, the streamers described important traits that one should look for in a leader – God-fearing (maka-Diyos), nationalistic (maka-bayan), intelligent (marunong), hardworking (masipag), and honest (marangal). BCBP believes that more than endorsing specific candidates, it is more valuable to educate the voting public to choose their leaders based on spiritual and practical discernment rather than on popularity.

The outcome of the whole campaign may be difficult to quantify, but the overall results were indicative that the campaign served its intended purpose. This campaign was one concrete action of BCBP towards its Vision and Mission as a catalyst of change in nation building.

for the day. He explained that the palms used to welcome the Lord, the King, triumphantly were all they had and wanted to share. Palm fronds were used because people had nothing. They also spread their cover-shawls, etc. The people wanted to show our Lord their love . Fr. Chito concentrated on the acts to operationalize our practice of Christianity. Put it into action, rather than practice our faith using the acronym K-asal, B-inyag and L-ibing only. After a very informative talk, he then asked us to form groups of 6 and discuss the 4 traits of dynamic Catholics which is:

1. Prayer- make it a habit to PRAY
2. Study-spiritual sharing; reading catholic books, material
3. Generosity-Sharing of talent, time, money and goods
4. Evangelization-spread the Word of our Lord Jesus Christ

The different groups presented summaries of their discussion . Fr. Chito also impressed on the group that the phrase, "Practice makes perfect" instead should be , "Practice makes progress."

The rite of "Washing of the Feet" took place after Fr. Chito's very fruitful talk and mass. First, the Unit leaders washed the feet of the Action group Leaders, after which each member washed the feet of their spouses.

It was such a inspirational and contemplative day for all.

TO GOD BE THE GLORY!

This gracious recipient, says thank you from the heart.



By Ginny Quiazon

This gracious recipient, says thank you from the heart.

A crisis has a way of wounding us but it also provides an opportunity to take stock of the blessings which softens the blow so that you don't totally fall apart. BCBP brothers and sisters, you are part of our shower of blessings.

As most of you know, my family recently faced one of the most difficult trials in the roller coaster ride of life; in fact, it is not yet over. For those who got lost in the loop, Ed underwent two procedures started by a gall stone that found its way in his bile duct. The series of complications, unbelievable even to his seven doctors, kept us on pins and needles for one whole month in the hospital and an ailment which he has not yet completely beaten.

While there are no proper words to say to repay all the acts of kindness thrown our way, allow me on behalf of Ed and my family, to express our gratitude for all the help extended to us in those very dark days and even in these days of uncertainties. Thank you for the prayers, the visits, the calls, and text messages that propped our sagging spirits. Thank you for the financial assistance made more heart warming in knowing how some may also be struggling with financial concerns. Thank you for the new members of our community who, without hesitation, adopted the spirit of agape and the BCBP way of service; the Holy Spirit must have touched your hearts but your good deeds must have made the Lord's compassionate heart swell with pride. Well, my family had that sense of pride when we learned that the nurses were in awe at the expressions of support from Christian friends, giving Christian love a human face.

At this point, let me share an afterthought, a gem of a lesson from the experience and that is how to be a *gracious recipient*.

While I was framing this piece, I was directed to a beautiful email sent by Sister Joy Rodil on the address given by **Nipun Mehta**, who gave up a high paying job for the career of doing good. The item served as my inspiration to introspect on the good that also came out of this painful experience.

In his address, Nipun described the world as in the state of "paradoxical crisis of disconnection." That in spite of our hyper connected world due to cyber explosion, people have become "profoundly disconnected." He explains, "somehow we have allowed our relationship to gadgets and things to overtake our real world-ties and **we've forgotten to rescue each other.**"

Thank God that I am a Filipino with strong family ties given by the Lord communities that keep us connected to Him and to his family on earth. I know in my heart, that rescue came every day in the hospital with friends just being there to share my grief and fears. I know rescue continues to come to this day with the weekend delivery of *arroz caldo*, fruits and health drink, among other things, by a BCBP brother and his sister wife. How a sister in the community even bought an UNLI -SIM card so we could access each other in my network free for updates on Ed's condition. How can I explain a hospital nurse taking the time to bring their province's special bread for Ed's snack, quite contrary to the practice of the patient giving gifts to the hospital staff instead.

Nipun Mehta shared the three antidotes for the young people called by Time Magazine as the "Me-Me-Me" generation to overcome and become a "We-We-We generation." These are – **To Give, to Receive and To Dance**. I will not deal so much on what he said about the first key, To Give, except that his advocacies, challenged the motto of Gordon Gekko of the Wall Street movie that Greed is Good. Instead he espoused the belief that – "Maybe greed is good but Generosity is better!"

In accepting help I came to face my humanity, my vulnerability. Since Ed retired from work, I have taken on the task of squaring off with our survival problems. Our life, though comfortable most times, was never easy. Even with a health card and children at work, a month long confinement with continuous laboratory tests and a dozen of medicine can be draining. And just like in the past, I prayed and dialed 777, my lifeline to my heavenly Father. I know the Lord answered because the help came before we even asked. Within the realm of gratitude is the acceptance of the need for help. Only when we are predisposed with humility can one become a gracious recipient.

Which brings me back to what Nipun said about the second key – To receive and allow me to paraphrase ---"When we give, we think we are helping others. That is true, but we are also helping ourselves. With any act of unconditional service, no matter how small, our bio-chemistry changes, our mind quiets, and we feel a sense of gratefulness... Research from Harvard shows that in close proximity, when people feel connected, their individual heartbeats actually start to synchronize, even with zero physical contact...."

He sums up that joy is not a "zero-sum game." If you smile at a person, that is not one-less smile from you. So "the more I love, the more love I have to give. So when you give externally, you receive more internally."

In a surprise party given to me by my husband and children, I quoted from the *Sound of Music*, that "somewhere in my youth or childhood, (to receive such love), I must have done something good"...and I hope I did not waste the moment to pay it forward as much as I can.

The last antidote is, To Dance - He opines that in dancing, dancers do not focus on the mechanics of dancing but they tune into the rhythm. He says "it is like that with giving too. It is futile to track who is getting what. We just have to dance. Sometimes you're giving and sometimes, you are receiving, but does not really matter because the real reward of that give and take does not lie in the value of what is being exchanged. The real reward lies in what flows between us – our connections."

I am grateful that those blessed to give love and care have shown that generosity is better than greed. I am grateful to have received your help and may joy be yours for the good deeds. I will always pray that the experience of joy will go around for you as the giver and recipient too.

To end, please let me abuse and disabuse the foreword of this speech that has been read by millions, "Service does not start when you have something to give; it blossoms naturally when you have nothing left to take" – Nipun Mehta

God bless you all.

EDITORIAL TEAM

Editor in Chief: Leni Arceo
Editorial Board: Orland Obmasca, Allan Timonera, and the Governance Members

Layout : Arlene Timonera
Photographer: Kats & Abelle Serranon

For comments, suggestions, contributions or submission of articles, email them to bcbpmetanoia@yahoo.com

METANOIA - a Greek word which means "the renewal of the mind" (Romans 12:2). The official publication of BCBP – Parañaque Chapter. It is envisioned to be a catalyst and a witness to the "metanoia" of the BCBP community and an evangelizing tool. It is published quarterly by the PSD.